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Journal
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Cover: photo of Bette Midler, Greg Gorman; hair, Peter Savic for Cloutier, L.A.; makeup, George Newell; stylist, Calvin Haugen; backdrop, Painted Space, L.A.; red trench, Items by Design; earrings, Morgan Taylor; rings, Michael Dawkins.

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EDITOR'S JOURNAL



By Myrna Blyth

VOICES OF THE DECADE

IT'S TIME FOR OUR ANNUAL UPDATE ON THE FIVE JOURNAL READERS WHO ARE OUR "VOICES OF THE DECADE." WE'LL BE TRACKING THEM THROUGH THE END OF THE CENTURY IN AN UNPRECEDENTED DOCUMENTATION OF THE LIVES OF AMERICAN WOMEN IN THE NINETIES. HERE, A REPORT ON WHAT HAPPENED TO THEM LAST YEAR AND WHAT'S AHEAD.



Molly Minnick, 32, a genetic social worker in Lansing, Michigan, is the mother of Andy, 4, and the stepmother of Brandon, 15, and Julie, 12. Her husband, Dave, is a third-year family-practice resident. Molly says: "My work's been my life. I never thought I would feel this way, but [now] I so desperately want to be home. I'd like to know what we're having for dinner before everyone asks." Her New Year's resolution: "To have more time to do what I want instead of what I have to do."



Dana Crone, 32, of Eminence, Indiana, had a fairly tough year but is grateful that she and her husband, Jack, are better off than a lot of farmers. "We have one friend who was hit so hard he plowed his crop under and quit farming for good." A hairdresser, Dana, who is also the mother of three, says, "Next year I'd like to think about building a shop of my own on the farm. Jack says we should call it Dana's Chop Shop!"



Diane Perron Winschel, 33, is the divorced mother of a six-year-old son. A systems analyst in Valley Forge, Pennsylvania, she's been battling health problems and is concerned about the economy. Her greatest fear for the future? "Getting laid off and not being able to make the mortgage or support my son." Her New Year's resolution: "To appreciate the little things, like a beautiful afternoon roller-blading with Sean."



Paulette Polley, 42, of Akron, Ohio, mother of two daughters, celebrated her twentieth anniversary with her husband, who is a doctor. "William and I care very deeply for each other; but he's a workaholic. So while I would like to have us spend more time together, I know in reality it's not going to happen anytime soon. Yet I can't imagine life without him."



Anne Weatherill, 46, of Clarkston, Washington, told us that on the first night after her younger daughter went off to college, "I served my husband, Jim, a candlelight dinner to celebrate our first night as empty nesters." Jim is a pilot, and, Anne says, "The bankruptcy of my husband's employer is threatening our entire future. But the thing I'm most proud of is that under this financial stress, we are actually holding each other together, not tearing each other apart."

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CAN THIS MARRIAGE BE SAVED?

"MY HUSBAND WANTED A SEX SLAVE"

Though they'd been married for two years, Joan had never told Jeff that she hated the way he made love. Her sudden announcement sent him reeling.

By Margery D. Rosen



JOAN'S TURN "Jeff only likes sex his way, and he doesn't give a damn about whether I'm enjoying it or not," said Joan, thirty-nine, her dark-blue eyes flashing as she lit a cigarette. "I can count on one hand the number of times we've had intercourse. Practically all Jeff wants is oral sex, with a few other kinky variations mixed in. Sex is about making him feel good.

"It's not that I hate doing it his way—well, at least in the beginning I didn't. I wanted him to love me so much, I'd do anything to please him. I didn't want to let on that I wasn't totally satisfied.

"Jeff has never once asked what I would like. There's no romance, no passionate kissing. He's totally uninterested in foreplay of any kind. He doesn't touch my breast—he grabs it. I can't bear it anymore. I feel like a bimbo, like his sex slave.

"I've asked him to be more caring. Just last week I said, 'Foreplay, Jeff. It's in the dictionary, go look it up.' He gave me this blank look. So, until my husband makes love to me, I don't want to have sex at all.

"I fell head over heels in love with Jeff the moment I saw him. He's gorgeous and very witty, in a Cary Grant sort of way. We met at a party that I almost didn't go to; I have a pretty important job—I'm director of management for a large transportation company—and I was exhausted. The hours are long—but for the first time in my life, I feel competent.

"I'm the older of two kids with a mother I could never, ever please and a father I adore but who traveled so much on business I hardly ever saw him. He was very poor when he was young, and I think he always worried about money. I'm like that now, even though we could live comfortably on my salary.

"Mom is very strong-willed and critical. She's an alcoholic, and I never knew what to expect when I came home from school. Dad used to call her moody, which I *(continued)*

Introduced thirty-nine years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Sonya Rhodes, Ph.D., a couples and family therapist in New York City. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

Two songbirds sparkle against the snow.



Fire in the Snow

by Derk Hansen

Shown smaller than actual size of 8 1/4" in diameter.

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A numbered limited edition collector plate lavishly decorated with 23kt gold.

What naturalist or backyard bird-watcher wouldn't be thrilled at the sight of a pair of cardinals in winter! Perched on an evergreen branch–brilliant red feathers like fire against the freshly-fallen snow–America's favorite songbirds make a striking impression.

It's a sight that renowned wildlife artist Derk Hansen has captured in a magnificent, true-to-nature painting which is now available on a limited edition collector plate. A self-taught artist and part-time cowboy, Mr. Hansen combines his love of painting with his passion for Western life. He has won several prestigious "Best in Show" awards, and his wildlife and Western paintings are coveted by serious collectors all over the world.

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CAN THIS MARRIAGE
continued

suppose was his way of not dealing with the real issue.

"I still have this sadness that Mother never cared about me. She was a beauty, and looks were important to her. I know I disappointed her in that department.

"I was also a mediocre student, and though I was popular, I was always surprised that the kids liked me. Everyone used to tell me I was smart and wonder why I wasn't doing better.

"My sophomore year I married the guy who'd been my boyfriend since high school. We stayed together for five years, but the marriage was terrible from the start. Less than a year after our divorce, I got married again, to a man fifteen years older than I was. We had even less in common.

"During those years, I jumped from job to job. Finally, I was hired at the firm where I work now, and I moved up. After my second marriage ended, I concentrated on work. But I was thirty-seven, and I knew I wanted to settle down. Then I met Jeff.

"I was flabbergasted that out of all the beautiful women at that party he chose me. I didn't want to come on too strong. So I left all the pursuing to Jeff, but I sensed that he needed someone to take care of him. Jeff is very insecure about the fact that he never did well in school, never graduated from college, and has a dismal track record at work. The first business he had when he was in his twenties went bankrupt, and I can see that his current business—he and a friend run their own contracting company—is headed in the same direction. We've been fighting a lot because I see him doing things that are not productive, and he refuses to listen.

"After a year of dating, I pushed to get married, but I do think Jeff was ready, too. Everyone said we were a great couple. We loved going to the movies and trying new restaurants. But lately I'm just disgusted. Jeff constantly stares at other women.

"He never liked to talk very much about how he felt, and I wasn't looking for a soul mate either—at first. I also think Jeff feels inadequate because of my success. I'm very organized and in control, which he isn't. Even though he boasts about how tough I am, I think his pride is hurt.

"Well, I'm tired of always being the tough one, of having to direct our lives. Jeff walks in the door at eight-thirty P.M. and demands, 'What's for dinner?' like some Neanderthal man. Well, excuse me, but I just got home myself, and I haven't had time to put down my briefcase, let alone prepare a meal. Is there a law that says I have to make dinner every night? Or that I have to do all the banking, pay all the bills, pick up all the dry cleaning? We gave a party last Christmas, and I ran myself ragged. Jeff had two jobs to do—get the beer and buy the Christmas tree—and he forgot to do both.

"You're probably thinking, after two failed marriages, how could I be such a dope? I can't explain it, but maybe deep down I thought I could change Jeff—but it hasn't happened.

"We haven't slept together in three months. I didn't want to make this the third strike, so I suggested counseling. But I don't see Jeff trying to change."

JEFF'S TURN "Why do I have to change?" asked Jeff, forty, a tall, suntanned man who sat stone-faced on the couch as his wife spoke. "My wife is refusing to have sex with me. After two years, during which I didn't have the slightest idea that anything was wrong, all of a sudden she's complaining nonstop about everything. And I'm the one that's wrong? I don't get it.

"Sex with Joan used to be fantastic. Believe me, I know. I'm a very sexual guy, and I've had a lot of women. If she

wasn't happy, why am I only hearing about it now? I'm not embarrassed to say that I like oral sex, and for all I knew, she did, too.

"I wish she'd get off my back. She's a shrew, yelling and putting me down. Joan used to be different. I liked her tough-girl banter. She was funny, a real straight-shooter. I admired her spunk. And when I took her home that first night, the sex was incredible.

"Back then, she didn't complain and criticize me the way she does now. I'm not about to argue with her; I don't like to fight. But she's beginning to sound like all the people in my life who always made me feel stupid.

"I was really unhappy growing up. I could never get along with the other kids; I tried to get them to like me by being funny. I have an older sister who was always the star of the family; she's a doctor now. Compared with her, I've been a failure. All I ever heard was, 'Jeff's not living up to his potential.' I was sharp, I was articulate, but school was impossible. They said I was dyslexic. The kids called me dumbbell because I couldn't read. I still can't spell, and reading is difficult.

"I don't think my parents cared. They had the money, so they sent me to therapists and special schools, but nothing helped. Anyway, most of the time Mother was busy with her social life. And my father, like Joan's, ran his own company, so he was never around.

"For a while, I thought I might want to be an architect, so I took some design courses. I never got a degree, but I'm using some of that background now in my renovation work. I hope to make a better go of it than I did with my last business. You know how it is—a couple of bad bids, I misjudged how long it would take to do a project. I'm lousy with details.

"So maybe I'm not doing as well as I could right now. Who is? But I don't need a wife who makes me feel like a jerk. When we first got married, she sent me through husband's basic training, and I try—I do. I put the toilet seat down and the toilet paper in so it rolls from the bottom the way she likes it. So I forgot to get the tree she wanted last Christmas. Is that a felony?

"I'll admit this is not the first time a woman has told me to be more caring. But what does that mean? Who's being selfish? She's refusing to have sex with me! No one's complained the way Joan has. I don't want to brag, but women have always sought me out. Why I can't please my own wife is beyond me.

"Therapy was Joan's idea, and I'm not thrilled to be here. But if it will help keep her off my back, I'll give it a try."

THE COUNSELOR'S TURN "The first few times I saw Joan and Jeff, we made little progress because Joan kept yelling at her husband," said the counselor. "During her tirades, Jeff rarely said anything. I told Joan that first she had to control her anger. But before she could do that, she had to find out where it was coming from.

"The child of a selfish, critical, alcoholic mother, Joan suffered from very low self-esteem. Like many children of alcoholics, she became the family caretaker, desperately trying to please her mother. Always, she fell short.

"While Joan was very attractive, her low opinion of herself played a key role in her relationship with Jeff. She could not believe that such a handsome man could be interested in her. While they were dating, she was so scared she would lose him that she never spoke up about what she wanted, sexually or otherwise.

"Rarely have I met a man whose self-esteem was as low as Jeff's. I suspected that he suffered from attention deficit hyperactivity disorder (ADHD). When Jeff was growing up, many such children were referred to as hyperactive. Some were put on medication, some were merely labeled behavior problems. Many, like Jeff, had trouble relating to other children. *(continued)*

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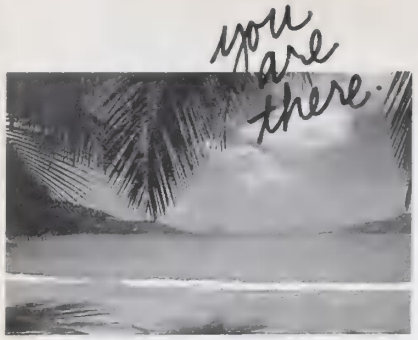
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4. Judges will disqualify any essays known to have been previously trademarked, registered, copyrighted or otherwise protected. Winner will be notified by mail, and may be asked to complete an affidavit of eligibility and release within 14 days of notification, or be disqualified and the next runner-up chosen. Travel companion must sign a travel release.
5. Entrants acknowledge and agree that all entries become the property of Liggett Group Inc. which thereby has permission to edit, adapt, modify, publish, promote and otherwise use or not use in any way it sees fit, essays received, without further compensation to contestant.
6. Contest open to residents of the U.S. who are 21 years and older, except employees and the immediate families of Liggett Group Inc., Meredith Corp., their parents, subsidiaries, divisions and related companies and their respective agencies and agents. Liggett Group Inc., Meredith Corp., their agencies and agents are not responsible for late, lost, misdirected or illegible entries. Tax liability is the sole responsibility of the winner. Neither Liggett Group Inc., Meredith Corp., their parents, subsidiaries, divisions and related companies nor their agencies or agents are responsible for any damages, taxes, or expenses that consumers might incur as a result of this promotion, or acceptance of the prize. All federal, state and local laws and regulations apply. Void in MA, MI, VA and wherever prohibited by law.
7. For the name of the winner, send a self-addressed stamped envelope to: Eve Contest Winner, P.O. Box 2042, New York, NY 10272.

CAN THIS MARRIAGE

continued

They grew up feeling stupid and unloved.

"A child with learning disabilities as severe as Jeff's requires considerable patience and nurturing. Jeff received neither. Indeed, the only thing that gave him any measure of confidence was his good looks. For him, sex was a way of gratifying his ego, of feeling powerful and manly, and rough sex was manly sex. It never occurred to him to think of his partner's pleasure.

"In one sense, these two were a perfect match. Jeff needed to be taken care of; Joan was the classic caretaker. Their relationship was based on her attending to his emotional, sexual and physical needs from the beginning, so Jeff wasn't about to exert himself if he didn't have to. But then Joan changed the rules in the middle of the game.

"While sex was the biggest problem for this couple, my goal was to encourage a balance—in and out of the bedroom. Our initial sessions focused on helping Joan control her anger. Her constant complaints made Jeff so resentful, he withdrew even more.

"I pointed out that Jeff wasn't sitting around the house doing nothing. He *was* working hard. Then I suggested that perhaps Joan was focusing on the financial problems when, in truth, she was upset that her husband—like her mother—was not responding to her emotional needs. I told her she had to learn to articulate those needs.

"This rang true for Joan, and she started examining how she was reacting to her husband. At the very next session, she told me she thought I was right. 'When I'm working really late, I just want him to show me that he cares. But he can't read my mind.'

"During these initial sessions, when he saw that I wasn't blaming him, Jeff began to feel more comfortable with me. I suggested he consult a physician and then a learning specialist who could help him figure out ways to improve his job performance. The specialist confirmed my suspicions about ADHD and prescribed an antidepressant, which has helped Jeff concentrate on his work.

"Naming Jeff's problem helped both of them. Once she saw that it wasn't her husband's fault when he miscalculated a project but rather a disability he could learn to work around, Joan became more compassionate. The learning specialist has helped Jeff play up his strengths: a natural salesman, he now takes care of that part of the business while leaving the logistics to his partner. And he bought a computer that helps him outline his workday and organize his paperwork.

"About three months into therapy this couple suffered a major setback. Though they had resumed having sex, Joan discovered that Jeff was having an affair. He insisted the woman meant nothing to him, but Joan was humiliated, and she asked Jeff to leave for two weeks. During that time they both came to see me several times alone. Being on his own made Jeff realize that he loved and needed Joan and had to stop this destructive behavior. I noticed a dramatic shift in his motivation from then on.

"After Joan allowed Jeff to move back in, I asked her a simple question. 'After two years of doing everything Jeff wanted sexually and never telling him you weren't happy, what did you expect? How did you think he would react?' Joan said, naively, that she thought he'd listen to her. This is very much the way Joan had related to her mother. Unconsciously she was saying 'If I do everything you want, then sooner or later, you'll love me and want to please me, too.'

"To balance their sexual relationship, Jeff had to change his attitude about what constituted manly sex; and Joan had to articulate what she wanted and show her husband how to please her. Changing Jeff's deep-seated attitude about women and sex was not easy. I assured him that mature men are pleased when their wife is satisfied and said that if he simply tried to follow some of Joan's suggestions, he might find them just as exciting as oral sex. I also gave this couple several professional videos that sex therapists use to demonstrate love-making. These videos showed men caressing and stroking their partners in ways that both found arousing.

"Jeff agreed to try. Sensing a renewed commitment, Joan tried to speak up. 'Teach him how to touch you,' I advised. Jeff has learned to slow down, to ask if something is pleasurable to Joan and to stop if it's not. For the first time they feel they are working as a team.

"Jeff is more affectionate and attentive: He opens doors for Joan and reaches for her hand as they stroll down the street. Also, as Joan stops taking care of everything, Jeff has room to demonstrate that he's capable of being an equal partner. More confident, he's pitching in with household chores. 'Little things,' Joan says, 'but they're what's important.'

"This couple ended counseling after a year, though Joan comes to see me by herself once a month. By developing realistic expectations of each other, they have learned to work together instead of against each other." ■



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SALON SELECTIVES
10
SALON SELECTIVES

I LOST 148 POUNDS

I was an overnight star. But when the lights went out on "Dreamgirls," my life darkened, too. Then I fell in love—and decided to take charge of my life and my weight.

By Jennifer Holliday, as told to Shana Aborn

On my thirtieth birthday, less than two years ago, I looked in a fitting-room mirror and really saw myself for the first time. For years while I'd been working to establish my career as a Broadway actress and singer, I'd managed to ignore my weight. But that day it was inescapable. I couldn't buy a dress I liked for my own birthday celebration with my boyfriend, because the store didn't carry my size: 28. Finally, I realized that I *had* to change my life.

I didn't become heavy by eating more than other people; I've seen skinny women who eat more than I ever did. But I was a meat-and-potatoes girl from Texas, and I've always loved high-fat foods like fried chicken and cheese. Sweets were never my thing, except for my favorite drink, cola.

As a child, I had my heavy and my thin times, but I was never *that* large. My brother, my sister and I were thin as teenagers, and we all gained weight as we got older. But they never got as big as I did.

When I did start to put on weight, in my late teens, it didn't bother me. No one ever criticized my size, and I had no trouble getting compliments or dates. When I joined a Houston church choir that received weekly coverage on local TV, I was noticed more for my powerful voice than for my looks.





Now that I'm a skinny size 12, I'm determined never to be heavy again

I'd always hoped to be a lawyer, but my plans changed abruptly in 1978, when I was eighteen. An actor in the road company of *A Chorus Line* saw me perform, arranged a New York audition for me, and almost before I knew it, I was on tour with the gospel musical *Your Arms Too Short to Box With God*.

After the show returned to New York, Michael Bennett (the director and choreographer of *A Chorus Line*) saw me in a performance and asked me to join a production he was working on. That project went to Broadway in 1981 as *Dreamgirls*, the hit musical based on the career of the Supremes. I played Effie White, a member who gets replaced by a Diana Ross–type glamour girl when the group develops a sexier image.

(continued on page 22)

Photo, Eric Rasmussen; inset, Lynn McAffe.

"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. And while it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin, to break into print, to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 40 years of editing, publishing and teaching (and 53 books of my own), I can tell you this: You'll go a long way before you discover anything as rewarding as writing for children.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you'll never have anywhere else.

The soaring children's market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1.5 *billion* worth of children's books are purchased annually and more than 300 of the 500 publishers of books related to children welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues.



An old mansion nestled deep in the woods of Connecticut is the home of the Institute of Children's Literature. It was founded in 1969.

Yet two big questions bedevil nearly every would-be writer...'Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": it's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for at the Institute of Children's Literature®. The reasons are simple: our reputation is built on success and if prospective students don't have the aptitude it takes, we probably can't help them. And we tell them so; it's only fair.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise:

You will complete at least one manuscript ready to submit to a publisher by the time you finish the course.

One-on-one training with your own instructor

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

- When you're ready—at your own time and your own pace—you send your assignment to me.
- I read it and reread it to get everything out of it you've put into it.
- Then I edit your assignment just the way a publishing house editor would—if he had the time.
- I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve.

It's a matter of push and pull. You push and I pull and between us both, you learn how to write and how to market your writing.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that some of our students break into print even before they finish the course.

Connie Wooldridge, Philipsburg, PA, who has sold two stories to *Highlights for Children* says, "As an at-home mother of four, I have so appreciated the way the Institute is set up: it has provided me with the professional contact and guidance I needed to get a serious start as a writer without the hassles of babysitters, long drives, and hard deadlines."

"—finally...the support and direction I needed."

"The letter with the return of my first assignment was so kind and encouraging I started to cry," writes E.D. Mahr, Hinsdale, IL. "Here, finally, was the support and direction I needed."

Ken Fleming, Staten Island, NY who reports a sale to *Cricket* Magazine says, "To know that more than 120,000 children will be reading my words gives me a feeling of great satisfaction. Thank you all for giving me so much for so little."

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Alvin Tresselt, Dean of Faculty, was Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine* for children, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

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*The testimonials in this ad were provided voluntarily, without remuneration, by the Institute's students between 1985 and 1991.



Shown smaller than actual size of approximately 20" in height, including crown.

Is instant gratification soon enough?

The more your skin replenisher works
like the fluid in young skin the
faster it sinks in replenishing moisture.
The **faster** it smooths and softens
little lines. And the **faster**
you see a fresher younger glow.
In other words--
It does what it promises.
Twice a day. Every day.



Oil of Olay
We keep our promise to young skin.





A WOMAN TODAY

continued from page 15

The part called for me to be overweight, but I didn't expect to gain as much as I did during the run of the show. I had a habit of eating when I was nervous, and those weeks of rehearsal were very nerve-racking. There was a deli next to the theater that served great Philadelphia cheese-steak sandwiches, and I used to eat there almost every night to calm myself. I put on thirty pounds that way.

After the show opened, my crazy schedule contributed another twenty pounds to my five-foot-four-inch frame. I did eight performances a week, so I would sleep most of the day, grab a bite on the way to the theater, then eat a full dinner after the show ended at eleven-thirty. I now weighed more than two hundred pounds, but I wasn't motivated to diet or exercise.

Dreamgirls was an instant success, and I won raves, particularly for my showstopping number, "And I Am Telling You I'm Not Going." I also won a Tony for the role and a Grammy for my part in the cast album.

It was exciting at first, but stardom wasn't everything I'd imagined it would be. Most of the time, I was terribly lonely and unhappy. At twenty-one, I'd been caught in the show-business whirl for four years, missing out on college and the socializing that goes along with it. I was too tired after performing to do anything but have dinner, and my dates were disasters because I just didn't have time to concentrate on relationships.

In 1982, I went to Los Angeles with *Dreamgirls* and performed there for nine months. By then, I was burned out and ready to move on. I went back to New York to try recording. Although I loved my new career, making the transition was very difficult. My first album, *Feel My Soul*, was a modest success, but my next two albums didn't sell well at all—even though I won a Grammy for the second one, *Say You Love Me*. I was very discouraged.

I paid the bills by doing concerts whenever I could and going on tour with short-run musicals. But it wasn't enough to pay for everything I needed and wanted—publicists, good clothes, a car, houses in Washington, D.C., and Houston. My debts just kept growing, and I couldn't pay them off. In early 1988, the bottom fell out. I declared bankruptcy, and I had to move back home with my mother.

That was the darkest time of my life. I wasn't offered any work, and I had no idea what to do. My spirits were so low that I couldn't find comfort even in food, and I lost seventy-one pounds in six months without trying.

That summer, at a friend's sugge tion, I went to Los Angeles to get c reer advice from entertainme lawyers. Just by chance, I ran in Clive Davis, the president of Aris Records. He told me he wanted me the company, and in a matter of wee he had me working on songs f upcoming record-album releases. Th turnabout was so sudden that took a while for me to realize I wasn dreaming!

Unfortunately, after the initial e citement of being a working artis waned, I started feeling sad again b cause my career wasn't progressing a quickly as I'd hoped it would. Th time, I started to eat to combat the d pression, and I gained back all th weight I'd lost. It's funny how you ca react to the same emotion in two suc different ways.

In 1989, I began recording *I'm o Your Side*, which was released las summer. It's a collection of rhythm and blues songs, and I'm very please with it. It's as close as I've come t my goal of doing passionate, heart felt work.

The album was a blessing in anothe sense, too. One of the producers work in Detroit, and through him I met Bil Meadows, a singer and songwrite who's from there. We began dating in 1990, whenever I was in town.

Not long after that, I was forced t confront my weight at last. Bill told me he'd buy me a nice dress for my birthday, in October, but when I went shopping, I couldn't find anything I liked that fit me! I made up my mind right then. It was time to diet.

Two days later, I went to my doctor and was shocked to hear him say, "It would be great if you could lose a hundred pounds, Jennifer." I'm not going to tell you just how heavy I was, but I really didn't think I needed to take off that much. I just wanted to lose about fifty pounds, enough to go from a size 28 to a 22.

My doctor gave me the choice of going on a diet or fasting under supervision. I chose fasting because it seemed quickest; I could lose as much as twenty-five pounds in one month.

He explained that I could have only fruit juice, water and vitamin supplements until I'd reached my desired weight. Then I'd slowly reintroduce small amounts of food—only on weekends at first, then every day. When I was off the fast, he would give me a diet to follow.

The first ten days of fasting were the hardest: I craved food—*any* kind! I missed the pleasure of eating, and it was hard to be around people at mealtimes. On the third and fourth days, I

started feeling very dizzy and weak, and I had to rest a lot. But I was determined not to give in; by the fifth day, I felt much better.

After that, I was surprised to see how quickly my body adjusted. I felt satisfied just drinking the water and juice, and for the first time in a long time, eating lost its importance. By the end of the first month, I was thrilled to see that I'd dropped forty pounds.

Then I started thinking about how image-conscious the music industry is, about how I wanted to be able to compete with the popular female artists, whose looks contribute to their success. I didn't want to be rejected, like Effie, because I wasn't thin enough.

I decided to stay on the fast for another month—and so the pounds went. Seeing how well I was doing motivated me to keep at it, and my doctor approved. I started to think, Maybe I really can be slim after all. But I kept it simple. I set realistic goals each month—just five or ten pounds.

In February, I began the solid diet, but I did it the wrong way. Instead of following my doctor's instructions, I ate a full dinner and was sick for two days. From then on, I stuck to my doctor's advice. For several weeks, I ate small portions of raw foods like mixed fruits and plain salads. Then I added cooked vegetables to my diet for thirty days. Finally, I included small portions of chicken or fish every few days until I felt comfortable eating a normal meal.

It was tough to pass up such favorites as fried chicken, but I never cheated—partly because I knew what it would do to my health and partly because my mind was on other things. Bill had proposed to me in February, and we were married in March.

The love of my husband and my family was a great help as I continued to drop the weight. Bill encouraged me every step of the way, but he also let me know that he loved and accepted me no matter what my size was.

I continued to make steady progress, particularly when I made exercise a part of my routine. I started walking, building up to three or four miles daily, and did fifty sit-ups every day. As my stomach became flatter I could feel my diaphragm more, and my breath control improved when I sang.

As of last fall, I'd lost 148 pounds—I'm the thinnest I've ever been as an adult. I'm a size 12 and am working toward being a 10 so I can fit into even more of the designer clothes I love.

The first thing I bought myself when I reached a size 12 was lingerie! I'd always seen so many pretty things in the stores, but they never had anything in my size. It was so good to be able to go into Victoria's Secret and buy a sexy pair of panties.

I enjoy eating healthful foods now, and I keep to my diet even when I'm on the road. Breakfast is a slice of melon and some orange juice, then for lunch I'll have a small piece of grilled fish or chicken with a plain potato, a vegetable, salad and whole grain bread. I have a very light dinner, usually a plate of herb-seasoned vegetables. I drink twelve glasses of water a day.

Once in a while, I still have to fight the urge to indulge, but I have the willpower to resist. I know that once I start snacking, it will become an all-day thing, and I don't want to go back to that. However, I do allow myself a special treat, like a cola if I'm feeling a little down. Sometimes you need something to look forward to.

When I'm at home, I fix Bill the same things I eat. He's thin to begin with, so he sometimes complains that he's on a diet, too—he's lost five pounds since I began cooking for him. He misses having chocolate.

Yet Bill understands that this is a way of life I want to keep for good, and he admits that he looks and feels better now that he's eating right. He's even started to read labels for fat and calorie content, and he motivates me to do my best; if I exercise with him, I'll do a hundred sit-ups instead of fifty.

It's funny, but I don't *feel* like a thin woman yet. When I look in the mirror, I still see a fat person, and if I see someone who's overweight, I think, That could be me. If I've kept the weight off a year from now, then I think I'll feel good about myself.

People ask if I'm going to gain the weight back, as Oprah Winfrey did a couple of years ago, but I don't let myself worry about that. I take it one day at a time, and I do everything I can to maintain my new, healthy lifestyle.

My next challenge is to become a successful recording artist. I won't be able to rest in my heart and soul until I've achieved that. Soon, I'll be embarking on a concert tour for *I'm on Your Side*, and I hope that'll help build up enough momentum for me to start a new album this summer. As for long-term goals, I'd like to have a gold album by the time I'm forty, and one day I'd love to sing with Aretha Franklin.

It may not be easy to reach my dreams—this business is a constant struggle—but I think I'm wiser now. I feel as though I've been given a second chance, and I feel very good about the things I've accomplished, particularly my album and my weight loss. For the first time in years, I'm truly happy—with myself, with the progress of my career and, of course, with the man I love. ■



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This month, start the new year off beautifully—with hair on the cutting edge, and a great contest

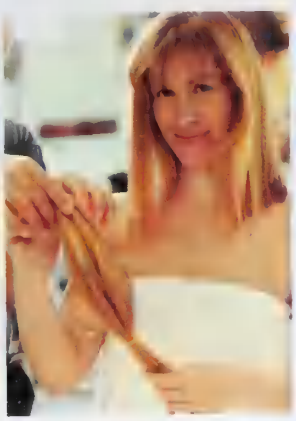
GETTING HER ACT TOGETHER

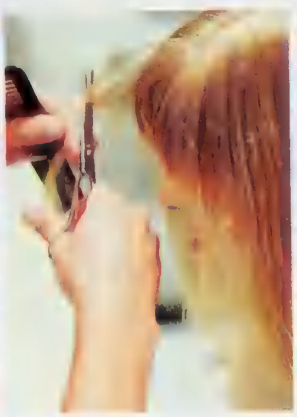
WHEN KAREN ANN FRASCO ASKED US FOR A NEW LOOK, WE WERE THRILLED WITH THE CHALLENGE. WITH HAIR DOWN TO THERE AND NO REAL BEAUTY ROUTINE, SHE WAS A MAKEOVER DREAM. BELOW, OUR TEAM OF EXPERTS CREATES A STAR

NAME
Karen Ann Frasco
AGE
Thirty-one
OCCUPATION
New York–based commercial actress
OBJECTIVE
Tired of her schoolgirl style. Wants a more sophisticated image.
SOLUTION
We snipped her waist-length tresses (an early-seventies look!) to a chic bob that would showcase her silky blond hair and give her plenty of style options. Then we went on to create a natural makeup look to highlight her star-quality features (for more makeup news, turn to page 94).









WHEN HARRY MET KAREN . . .
"Although Karen still wanted a long-hair look, she was willing to go to shoulder length. A truly great haircut must suit the person, not just the hair. So I gave her a slightly layered bob with bangs (a long fringe works to cut the length of her face and balance her features) and suggested random highlights for more punch. The layering is random, too, to give the hair a relaxed, natural look. I had her move her head around during the cut so I could see how the hair moves—because hair that moves is modern. If you have to worry about your hair on a windy day, you've got the wrong cut—and the wrong attitude!" —Harry King, superstar hairstylist

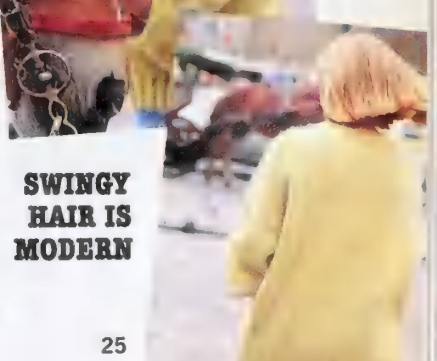




HIGHLIGHTS ENLIVEN THE COLOR



BANGS BALANC FEATUR



SWINGY HAIR IS MODERN

Photos, Nesti Mendoza; hair, Harry King; makeup, Lydia Snyder for Pierre Michel; colorist, Bill Metz for Pierre Michel at Trump Tower.

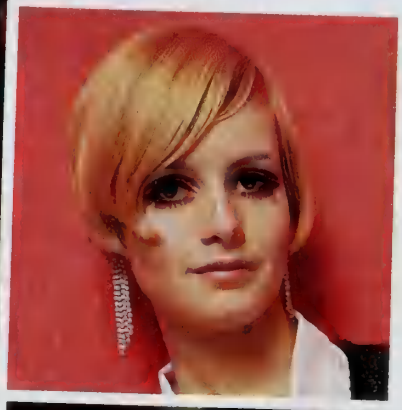
BEAUTY & FASHION JOURNAL

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST





YESTERDAY







TODAY



Cybill, Priscilla and Twiggy all looked terrific twenty years ago, but we think they look even better today! If you think you look great for your age, too, enter this exciting contest (the deadline is January 31, 1992). Simply fill out the entry form below and submit it with a box tab bearing the Universal Product Code from any Oil of Olay product plus two current color photos—one full-length and one head-and-shoulders shot. Ten semifinalists will be chosen. Each of the five runners-up will receive a $1,000 cash prize; the five finalists will compete in a mini-pageant in New York City, where they will receive a complete makeover and be photographed to appear in Ladies' Home Journal. The lucky grand-prize winner will win a walk-on part in a popular soap opera and $5,000! For details and official rules, turn to page 126.

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST

Fill out this entry form according to the official rules on page 126.
PLEASE PRINT CLEARLY

I look great for my age because (fifty words or less) _____

_____

_____

My most important skin-care tip is (twenty-five words or less) _____

_____

ENCLOSED ARE: Two current color photographs (no more than sixty days old), one full-length, one head and shoulders only.

Name _____ Street address _____

City _____ State _____ Zip _____ Phone number _____

Date of birth/Present age _____ Height _____ Weight _____

Eye color _____ Hair color _____ ALSO INCLUDE: A box tab with Universal Product Code from any Oil of Olay skin-care product. (See rules for states that are excluded.)

NOTE: ALL ENTRIES MUST BE RECEIVED BY JANUARY 31, 1992

SEND ENTRY TO:
Oil of Olay/LHJ Contest
P.O. Box 792,
Radio City Station,
New York, NY 10101

Photos: all top, Globe Photos; bottom, left to right, E.J. Camp/Outline, Trapper/Sygma, Brian Aris/Outline.

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- Cuddly slippers and velvet pillow included

Exclusively from The Hamilton Collection in association with Pemberton & Oakes

Shown smaller than actual size of 14½" kneeling

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BODY LOVE, BODY HATE

We asked women to talk with us about their bodies . . . and let us take their photographs. Here, brave souls share intimate thoughts about their most personal possession; plus insights from top psychologists. **By Marianne Wait**

There you are in aerobics class: You ate a yogurt for lunch, you've donned your high-tech sneakers, and now you're doing something healthy. Don't you feel great? Well, no. You're too busy comparing yourself, thigh for thigh, with every other woman. The fact is, you hate your body, and—surprise!—so do they.

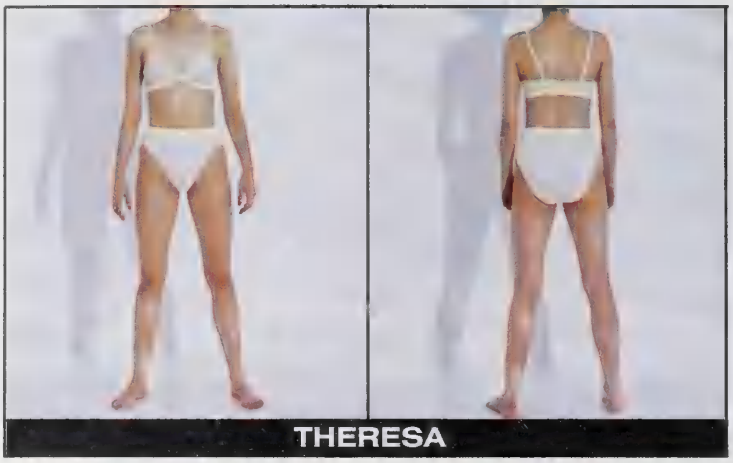
"It's really acceptable in our culture to obsess about your body if you're a woman."
—Ann Kearney-Cooke

It wasn't easy to find volunteers for this story. These six look fine to us, and two (can you guess who?) are satisfied with their bodies. But Rebecca* didn't like anything except her belly button. Cathy complained, "I hate everything from my waist down."

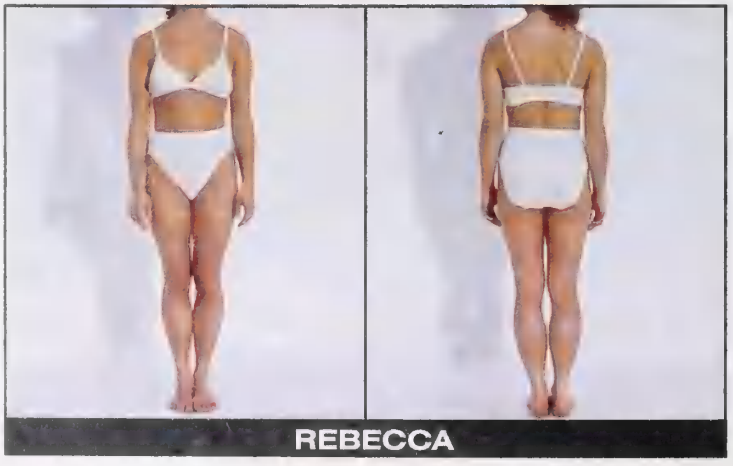
Haven't we moved beyond all this self-loathing? Apparently not. "Women still feel very negative about their bodies," says Ann Kearney-Cooke, a Cincinnati psychologist who specializes in body image. "There's still tremendous pressure on them."

Specifically, we feel negative about our weight. "Fifty to sixty percent of women with a healthy body weight think they are fat," says *(continued)*

**All names have been changed.*


THERESA

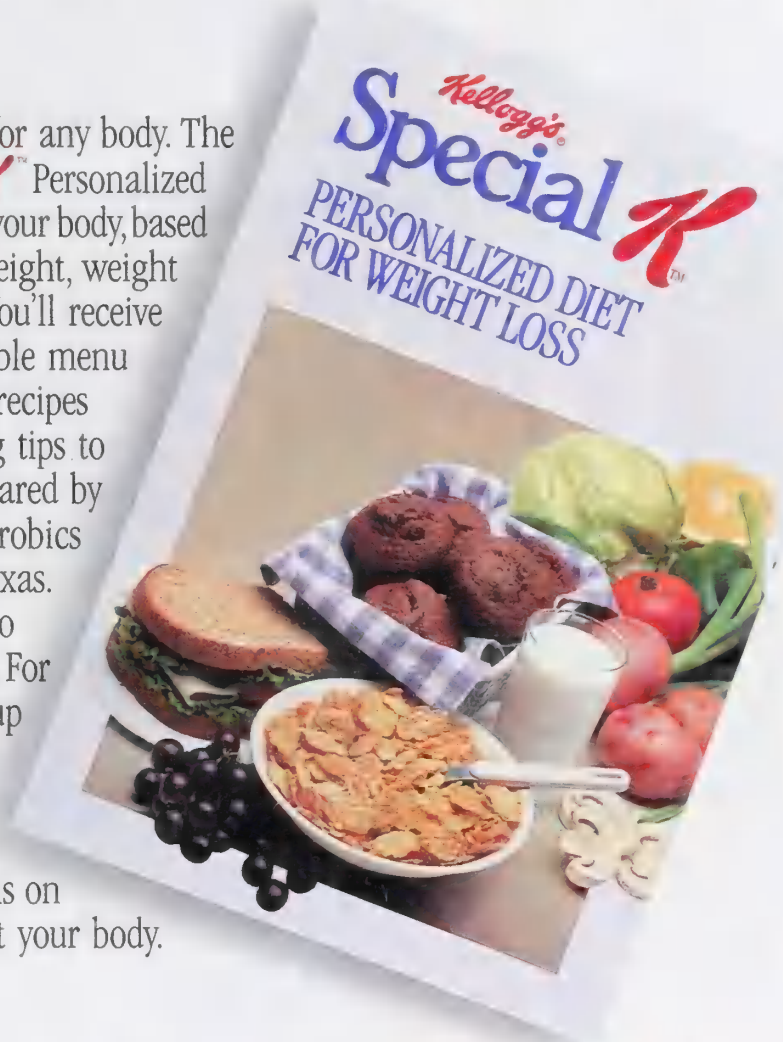

KAREN


REBECCA

All photos, Tohru Nakamura; all lingerie, Jockey for Her.

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(continued) Thomas F. Cash, professor of psychology at Old Dominion University, in Virginia. We're also preoccupied by flabby muscle tone, the top complaint of our volunteers—though these women are regular gym-goers. Why have we become slaves to the treadmill? "We believe that if we have the perfect body, then we'll have the perfect life," says Cash. Our real-women models especially disliked their thighs, stomach and buttocks. They're not alone: A study by psychologist Stephen L. Franzoi shows 74 percent of women have negative feelings about their thighs; 65 percent obsess about their stomachs.

"The part that's loathed the most is from the waist to the knees." —Rita Freedman

How did we get so unhappy with ourselves? Blame those svelte models. "The media hold up idealized images that virtually no one can approximate," says Rita Freedman, author of *Bodylove: Learning to Like Our Looks & Ourselves* (HarperCollins, 1989). Even those who have a body to die for tend to focus on their shortcomings. "You can have a beautiful face and a gorgeous body, and still have a poor body image," says Freedman.

Malcontents, take heart: By our late thirties, "We begin to know who we are aside from what we weigh," says Freedman. We can also develop a better body image. "One of the best ways is to use physical movement for pleasure." Go dancing, or make love with your husband. Enjoy your body for what it does and how it feels rather than what it looks like.


SAMANTHA


RANDY


CATHY

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THERESA

Twenty-six, 5'9½", 126 lbs
34A 25 35½

"The biggest things that bother me right now are my hips and thighs—they definitely need to be toned. But there isn't anything that I really hate about myself. I've always thought I had an okay figure, that it's just a matter of improving what I have. I kind of like my legs. They're nice and long. That's probably it."



KAREN

Twenty-four, 5'0", 109 lbs
34B 27 36

"My favorite parts of my body are my legs and breasts. I wish I had more of a bottom. I would like to make my legs harder, more toned. Basically, I'm going to the gym to make my body firm. My stomach has gotten flatter, but I want it to be firmer. My friends tell me I look fine the way I am, but I still think I should lose a bit on certain parts."



REBECCA

Twenty-six, 5'6", 130 lbs
36B 28 35

"I love my belly button. I can't think of any other part I really like. My legs are too short and muscular. I want my stomach to be flat like it was when I was eighteen. I like my chest okay—firmer would be better. My shoulders are broad, and I have big arms and a thick neck. I won't wear anything strapless—I look like a football player."



SAMANTHA

Twenty-six, 5'4", 128 lbs
34D 28 35

"I'm hypercritical. If I look at the front from a certain angle, I think I look okay. But then I always make myself turn around, and the back does not look okay at all. I get angry at myself if I don't exercise as much as I should. My problem areas are my thighs and derriere. I love my feet. I like my bust. My ankles are too fat.



RANDY

Twenty-two, 5'7½", 118 lbs
34B 23 31

"I like my body more than I dislike it. I used to have a voluptuous figure. When I got serious about acting, I completely changed my eating habits and began working out six days a week so I wouldn't be typecast. I went from a size eight to a four. Now I know I can modify anything I don't like, except one thing: I would love to have long willowy legs."



CATHY

Thirty-two, 5'2", 124 lbs
34A 25 37

"I like my arms, and my upper body is perfectly fine. I hate everything from the waist down—my large thighs, my heavy calves, my large behind. But I've come to accept what I have. My flat stomach is my claim to fame. I'd love to have bigger breasts, for men. And I've always wanted to wear jeans tucked into cowboy boots, but my calves are too big."

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WHAT'S HOT

Two of our favorites, Carol Burnett and Michael Caine, are funnier than ever in "Noises Off," but off-camera they both have been coping with painful family traumas. **By Eric Sherman**



MICHAEL CAINE SOUNDS OFF

Michael Caine may be England's most driven export since the Jaguar. The prolific and highly respected Oscar-winner has made sixty-nine movies in his thirty-six-year career—some big, some little, some good, some bad . . . and some that are best forgotten. It doesn't matter. When it comes to working, Caine, at fifty-eight, is always able: His seventieth film, *Noises Off*, opens this month.

"Acting is one of the greatest pleasures I have in the world," he says in defense of his workaholic ways. "I love the feeling of making movies. I'm a professional actor. What else am I going to do?"

Even professional actors are apt to lounge around the pool sometimes, Michael.

"No, those are professional loungers," he jokes in his soft English accent, as he sits in his tiny trailer on location, in Los Angeles, for *Noises Off*. "Besides, I don't like getting sunburned. You get skin cancer if you stay by the pool too much."

Still, the tireless star did take an unprecedented fourteen months off not long ago, spending the time on his ten-acre English country estate with his wife, Shakira, forty-four, and their eighteen-year-old daughter, Natasha. Not that he was content simply to lounge around, mind you; he also produced an autobiography, which will be published by Random House near the end of the year.

The book will recap a career that includes three Oscar nominations—for *Alfie* (1966), *Sleuth* (1972) and his favorite role, in *Educating Rita* *(continued)*



CAROL BURNETT GLAD AGAIN

Carol Burnett, clown extraordinaire, has learned to walk softly and carry a big shtick. Behind her ever-present smile and bubbly demeanor lie both strength and tenderness—qualities that helped make her one of Hollywood's quietest power brokers. "I don't know how tough I am, but I *am* a survivor," says the fifty-eight-year-old comedian, looking terrific in a loose-fitting white sweater and a cotton miniskirt that shows off incredible legs.

She's certainly proved her mettle recently during a time filled with professional triumphs and personal tragedies. "It's been quite a few months," she says in a soft, tired voice. Last spring, when NBC refused to let her expand her highly rated comedy anthology series, *Carol & Company*, *(continued)*



The best medicine: Carol and Michael laugh it up in their noisy new comedy, due out this month

Photos, top left: T.ONeill/SYGMA; top: CBS; bottom: Ron Batzdorff

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CAROL BURNETT
continued

from a half hour to an hour and change its format, she fearlessly called it quits. Now Carol's trying again—her way—with an hour-long variety show on CBS (home of her old *Carol Burnett Show*). As we went to press, the new series was set to debut in November. And she'll also be appearing on the big screen, starring with Michael Caine in *Noises Off*, a farce about a hapless, bickering theater group, based on the British and Broadway play, due out at the end of this month.

While Carol was scoring some career victories, however, she was also suffering personal losses. Three of the people closest to her died: her publicist, Rick Ingersoll, her longtime friend Laura Wooley, and her ex-husband, Joe Hamilton. Although she and Hamilton had divorced in 1984 after twenty years of marriage, they had remained close friends and even collaborated on Carol's TV shows. He died in June, after a two-year battle with cancer that included surgery to remove his right eye in 1989. She had just begun filming *Noises Off*, and after only a week off, Carol was back on the job. "You could tell it was very difficult for her," says director Peter Bogdanovich. "You could see she was under great strain, yet it never affected her performance. She handled it with great tact and professionalism."

Carol does not bring up the subject herself, but when asked she admits, "It was awful." She looks down at the small kitchen table in her trailer and says simply, "We miss him." Clearing her throat, she continues in a stronger voice. "When somebody dies, if they had suffered, in a sense it is a blessing that they're not suffering anymore. That's the way you have to look at it. You have to say, 'Okay, I'm sad, but I'm sad for me.' It's selfish. It's those of us who are remaining who have to get through it, I think." She begins sniffling. "One would hope that if there is something after this, that he's just fine, and if there isn't, he's still just fine, and it's our *mishegoss* [craziness] that we have to get through, with time." Her voice drops again. "It takes time."

Carol spent a large part of her life with Hamilton, working together and raising three children—Carrie, twenty-eight, Jody, twenty-five, and Erin, twenty-three. Carrie, a talented singer and actress, has appeared with her mom on several TV productions, including *Carol & Company*. Erin is also a musician. "Erin sings up a storm," Carol says proudly. "She's got good pipes. Carrie's a good actress, and she's putting a band together, and she' musician and is writing with Er Jody wants to manage groups. In fa she wants to help manage Carrie. very proud and happy that they're v close and love and support each othe think that's important for siblings."

And Mom's never more than a pla trip away. Carol is keeping very bu splitting her time between her home West Los Angeles and her three-b room house overlooking the Pacif in Honolulu. "In my heart, tha where I always want to be," s says of Hawaii.

She's intrigued about plans to re vate the old Honolulu soundsta where *Hawaii Five-O* and *Magnu P.I.* (starring her buddy and neighb Tom Selleck) were shot, and is hopi that the studio, still years from comp tion, will include space to film a varie show. If it does, and *The Carol Burn Show* is still around, she might s good-bye to Hollywood and move Hawaii. "The suits," as she calls all executives, may complain . . . but what? "The studio is spitting distan from where my house is," she says. could walk to work and still be able breathe clean air and look at bl skies—which beats holding your brea as you walk through the brown air Los Angeles."

When she is forced to suck in t smog, Carol's life in California is a sir ple one—filled with meetings, r hearsals and tapings for the new sho Her limited spare time is spent ente taining friends or meeting her daug ters for dinner. "I've never been muc for glamour," she says. "I very seldo attended parties or premieres or ben fits. To get all dressed up to have yo picture taken is not my idea of fun. I' had some of the same close friends f thirty years. If a cause I believe in having a benefit, then I'll go and ea the rubber chicken. Otherwise, ther are better ways I can think of t enjoy dinner."

In the company of a date, perhaps Is there any man in her life right now Carol immediately turns coy. "Oh . . . couple," she says, sounding like teenager teasing her best friend.

So who are these beaux?

"Oh, no, no, no," she says, laughing "My lips are sealed." Then she add quickly, "It's nothing serious, but nice Now that I've got the show, I have t have priorities, and at the moment, th show is numero uno."

Will that ever change? Can Carol se getting married again, for a third time (She was wed for seven years to acto Don Saroyan before Hamilton.) "Yo know what? I take things as the come," she says. "If it's right, it wil happen." ■

MICHAEL CAINE
continued

1983)—and a Best Supporting Actor ward, in 1986, for *Hannah and Her Sisters*, as well as a few less-memorable roles in the likes of *The Swarm*, *Jaws the Revenge* and *The Hand*. The autobiography will also cover the bombshell that recently fell on Caine's family life: the revelation last May by a British tabloid that he has a retarded sixty-six-year-old half brother who was living in a London mental institution.

Before she was married, his mother gave birth in a charity hospital to a retarded boy with epilepsy, who was immediately institutionalized for life and is now in a wheelchair. Caine's mother visited the nearby hospital every week until she died, in 1989, without ever telling anyone she had had an illegitimate child—including Michael. When Caine was told by a reporter for *The London People* that he had a half brother, he had to choke back tears.

Caine says he's made financial arrangements to provide for his half brother's care. "It was my mother who amazed me," he recalls. "She never told a soul, and she visited him every week for more than sixty years. She was being protective of me, too. Once I became a star, she thought there'd be some disgrace of having a brother in an asylum. She didn't realize how disgraceful most actors are anyway."

Caine makes it clear, however, that he's never felt disgraced by anything he's done. That includes all his movies. He says that *The Swarm*, for instance, paid for his $1.5 million Beverly Hills home (he's since sold the house and bought another). He made *Jaws*, he declares, because it gave him a chance to film in the balmy Caribbean. That, and he needed cash to buy the $800,000 country estate in England. He estimates he's spent more than $1.5 million renovating the five-bedroom eighteenth-century manor house, complete with three ponds, a nature preserve, an indoor swimming pool, guest cottage, staff lodge, Jacuzzi, two saunas, satellite dishes and a video room. "You may not have liked *Jaws*," he deadpans, "but you'd love the house."

Although Caine nearly always gets excellent reviews—even in the worst movies—many writers have criticized him for being indiscriminate. The suggestion infuriates him. "I looked to improve everything for my family first, rather than attain some kind of artistic integrity," he says of his career. "I couldn't afford artistic integrity."

Caine (born Maurice Joseph Micklewhite, Jr.) will never forget his hand-to-mouth childhood. The Depression devastated his already struggling family—his father lost his job as a porter, and his mother supported her husband, Caine and Michael's younger brother, Stanley, by working as a charwoman. The family lived in the slums of London, in a two-room flat without electricity.

"Every small boy's got a bicycle, right?" says Caine longingly. "I never had a bicycle. My children water-ski (he also has a thirty-three-year-old daughter by his first wife, actress Patricia Haines). I can't water-ski. I learned to play tennis when I was forty-eight, and there were all of these things that could have been marvelous moments of joy that I never did."

In the sixties, Michael tried to make up for lost time—and developed a reputation as a fun-loving playboy along the way. Then, one day, he was watching TV, when a striking actress appeared in a coffee commercial. Caine was instantly smitten with this woman. Fortunately, a friend of a friend was willing to give Caine her number. They began dating, and they were married in 1973. Says Caine: "I regard her as the single most fortunate thing that's ever happened in my life."

Shakira is fourteen years younger than her husband and, he admits, in many ways more mellow and even-tempered. "I find in her a peace and calm," he says. "She probably finds in me drive and strength, because I'm a very strong-minded person."

When Caine is working, his wife and daughter try to join him whenever possible. Natasha has recently entered college in England, however, and Shakira sometimes remains home and writes. "She's very beautiful, but we have complete trust in each other," he says. "We're so interwoven, it never occurs to me to be jealous."

Similarly, Caine insists that women rarely make passes at him, and he finds the idea of being a sex symbol rather amusing. "I suppose an odd, insane woman might find me attractive," he says. "But I'm a middle-aged man with glasses. I would expect women to find Tom Cruise sexy. Not me."

Perhaps, but many people certainly find him beguiling. In the works are three more movies—a sequel to *Dirty Rotten Scoundrels*, with Steve Martin; a comedy with Michael J. Fox; and an HBO espionage thriller called *Blue Ice*, which he will co-produce. One thing Michael Caine will never lack is offers. "I think I'll always get a job," he says, "because I've always been a competent actor, rather than a fad or a style or a type of the moment. I've never been in fashion, so I'll never go out." ■

Eric Sherman writes frequently about celebrities for LHJ.

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UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHO

WHAT'S IN THE STARS FOR 1992?

WILL LIZ AND LARRY LAST FOREVER—OR AT LEAST A YEAR? WILL THE RECESSION EVER END? LHJ ASKED THREE TOP SOOTHSAYERS ABOUT PEOPLE AND EVENTS IN THE YEAR AHEAD. HERE'S WHAT THEY PREDICT.

BY DEAN LAMANNA



WILL WARREN BEATTY AND ANNETTE BENING GET MARRIED?

"Warren is more in love with the *idea* of marriage. Annette won't be ready in 1992. They'll marry when she becomes pregnant again." **Joyce Jillson**

"I believe in the end, Warren and Annette will make it legal." **Liz Smith**

"[THERE'S A] GOOD CHANCE." Michael Roxborough

ODDS ON MARRIAGE: 3 to 1

I DO—FOR NOW, ANYWAY WILL LIZ TAYLOR GET DIVORCED?

"The marriage will last about two and a half years. But Larry will remain a very good friend of hers for the rest of her life." **Joyce Jillson, syndicated astrologer and best-selling author**

"I am betting that Elizabeth Taylor and Larry Fortensky won't divorce. This is the first time either of them have married when they were not drinking and/or the spouse was not drinking. It's an important marriage for Miz Liz." **Liz Smith, syndicated columnist**

"SHE CAN STICK IT OUT AT LEAST ONE YEAR, BUT NOT MUCH FURTHER." **Michael Roxborough, oddsmaker and president of Las Vegas Sports Consultants**

ODDS ON DIVORCE 10 to 1

WILL CHARLES AND DIANA HAVE ANOTHER BABY? OR WILL THEY SPLIT UP?

"I do think Diana would like another baby. They'll *never* get divorced. It's always going to be a marriage of convenience, but they'll like each other a whole lot more in three or four years, when they both mature." **Joyce Jillson**

"I believe the Prince and Princess of Wales will stay married and have another child. There is a lot at stake. She is increasingly maturing and better able to deal with the realities of being a future Queen." **Liz Smith**

"THERE'S TOO MUCH PRESTIGE AND MONEY INVOLVED FOR DIVORCE IN 1992." Michael Roxborough

ODDS ON ANOTHER BABY: 5 to 1
ODDS ON DIVORCE: 20 to 1

AND AS FOR THE IMPORTANT STUFF . . .

Will the recession end?

"It will be over around the end of March." **Joyce Jillson**

"Yes, the recession will end. The Republic will survive." **Liz Smith**

"It's a big favorite that the economy will finally get rolling in the last two quarters of 1992." Michael Roxborough

ODDS THAT THE END IS IN SIGHT: 4 to 5

WILL THE DEMOCRATS WIN THE PRESIDENTIAL ELECTION?

"No, but they *do* have a chance. President Bush's re-election is going to be so close that he needs [all the] help he can get—even if it means dumping Dan Quayle." **Joyce Jillson**

"I hope so. Though it is too late to save the nation from a lopsided Supreme Court." **Liz Smith**

"No chance against Bush. Better wait till 1996." **Michael Roxborough**

ODDS ON A DEMOCRATIC WIN: 10 to 1



WHO KILLED JFK? The ultimate unsolved mystery



Even before its scheduled release late last month, "JFK," the new film by director Oliver Stone, was generating more than its fair share of controversy. The movie centers on a real-life New Orleans prosecutor, Jim Garrison, who believed that a group of right-wing conspirators, not Lee Harvey Oswald alone, killed the President in Dallas on November 22, 1963.

Some have dismissed the film's theories, christening it "Dances with Facts" (it stars "Dances with Wolves" director/star Kevin Costner as Garrison). But Oswald's widow, Marina Oswald Porter (right), hopes that Stone's film will help change the public's mind about her husband. "The Warren Commission's conclusion [that Oswald was the lone gunman] was deliberately wrong, and I emphasize deliberately," she told LHJ recently. "If this movie will answer the question of why that was so, that will be a step forward."

Porter is not the only critic of the commission: Some assassination experts have named everyone from Fidel Castro to organized crime as the force behind the killing. The mystery has been made even more impenetrable by Oswald's murder, two days after Kennedy's death.

But Porter doubts that the movie will inspire any new investigation. "That the public will be informed," she says resignedly, "is the best I can hope." —JANE FARRELL

HOW TO SAVE ON PRESCRIPTION DRUGS

The astronomical cost of prescription drugs is becoming hard to swallow. According to the Senate Special Committee on Aging, medication prices soared an average of 152 percent from 1980 to 1990, and they shot up another 11.2 percent in the first half of 1991. You can save by comparison shopping, however, since prices at pharmacies can vary by as much as 100 percent. Other tips:

■ **Order medications by mail** Mail-order pharmacies take your prescription over the phone (toll-free), verify it with your doctor and mail the medicine to you. Delivery can take two weeks, so don't use these pharmacies for drugs you need right away.

■ **Bypass brand names** Generics are usually significantly less expensive, and they undergo rigorous reviews by the FDA. Ask your doctor to prescribe them whenever possible.

■ **Buy in bulk** If you'll be taking a medicine for several months or more, ask your doctor to write a prescription for a large amount. Pills often cost less in big quantities, and you'll avoid price increases.

The following chart shows prices for commonly prescribed medications at pharmacies around the country. (Keep in mind that costs fluctuate.) —NADIA ZONIS

PRESCRIPTION DRUG PRICE CHART

	BIG CITY [1]	SMALL TOWN [2]	NATIONAL CHAIN [3]	AARP [4] 800-456-2277	PHARMAIL 800-237-8927	MEDI-MAIL 800-331-1458	ACTION 800-452-1976
XANAX (tranquilizer) 0.5mg, 30 count	$22.95 to $26.95	$22.07 to $28.20	$19.69	$17.05	$16.20	$17.24	$14.69
DYAZIDE (diuretic) 100 count	$35.75 to $44.95	$29.89 to $44.70	$27.99	$28.95	$27.99	$29.95	$28.39
Generic of DYAZIDE 100 count	$24.50 to $30.00	$20.89 to $34.50	$21.99	$23.95	$22.00	$20.50	$20.99
ORTHO-NOVUM 7/7/7 (birth control pills) 28 count	$20.00 to $27.95	$15.99 to $22.50	$18.99	$18.90	$18.00	$19.95	$16.99
LANOXIN (heart medication) 0.25mg, 100 count	$13.45 to $15.00	$7.12 to $15.80	$6.99	$7.35	$6.99	$8.95	$7.99

1. Prices are a range from pharmacies in Chicago, Los Angeles and New York. 2. Prices are a range from pharmacies in towns in the West, Midwest and East. 3. Price is an average from a national chain. 4.To use the AARP Pharmacy Service, you must be over fifty and pay an annual $5 membership fee.

Photos, Tom Arma, Uniphoto.



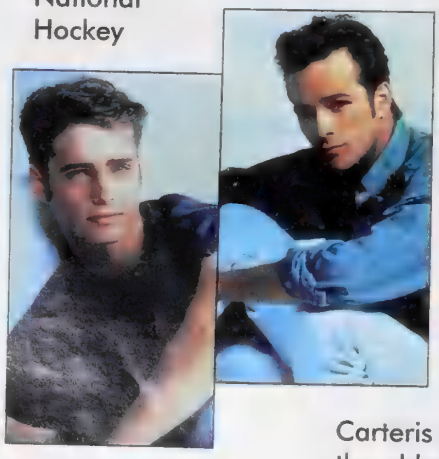
CLASS PICTURE
(CLOCKWISE FROM TOP LEFT): STEVE, DYLAN, BRENDA, ANDREA, DONNA, DAVID, KELLY AND BRANDON (CENTER). BELOW: THE BEVERLY HILLS HUNKS, BRANDON (LEFT) AND DYLAN

10 FACTS ABOUT "BEVERLY HILLS, 90210" THAT WILL IMPRESS YOUR KIDS

At nine P.M. on Thursday nights every parent knows where her children are: glued to the TV set, engrossed in the hip happenings at West Beverly High. To fill you in on what all the teenage fuss is about—and to help you score points with *your* kids—here's our *90210* primer for parents—with trivia that will help you impress even the most ardent adolescent fans.

❶ The show was originally going to be called *The Class of Beverly Hills*, but that didn't sound "zippy" enough. ❷ High school juniors Brandon and Brenda Walsh (the good kids) are twins. He's three minutes older. ❸ The Walsh family moved to Beverly Hills from Minneapolis when Jim Walsh (Dad) was transferred (he works for an international accounting firm).

❹ Actor Luke Perry, who plays bad boy Dylan McKay, has a pet pig named Jerry Lee, after his idol, Jerry Lee Lewis. ❺ Actor Jason Priestley (Brandon) is a hockey nut who plays on a celebrity all-star team, competing against National Hockey League veterans. ❻ New Jersey native Ian (he pronounces it "eye-an") Ziering, who plays Steve Sanders, was shopping in a grocery store with his mother when he was spotted by a talent scout. Commercials and the soap operas soon followed. He made his film debut with Brooke Shields in *Endless Love*. ❼ Michael Landon was the mentor of Shannen Doherty (Brenda). He gave her her first acting job at age ten, in *Father Murphy*. Later, he cast her in *Little House: A New Beginning* and *Our House*. She also co-starred in the cult hit film *Heathers*. ❽ Tori Spelling (Donna) is the daughter of producer Aaron Spelling, but she tried out for the part under another name, just to make sure she got it on her talent and looks alone. ❾ At age thirty, Gabrielle Carteris (Andrea) is the oldest of the Beverly Hills "teens." ❿ Blond Kelly Taylor, played by actress Jennie Garth, is the most popular girl at West Beverly. Her favorite color is fuchsia.



—JEFF ROVIN

DYING WITH DIGNITY

When her seventy-six-year-old mother, Ida, committed suicide in October 1983, Betty Rollin was overwhelmed with sadness—but she also felt a sense of relief. Terminally ill with ovarian cancer, Mrs. Rollin had chosen to end her life rather than die a long and torturous death. A few months later, Betty, a correspondent for NBC News, began writing *Last Wish* (Warner Books, 1986). Now that book about her mother's ordeal has been made into a powerful TV movie (due out this month).

The story tells of Ida Rollin's desire to die the way she lived—with dignity—and of Betty's decision to accept and then help carry out her mother's wish. "To me," explains Betty, "the movie is about a victory. It's about a happy woman who had a wonderful life and managed to get out when she wanted to. It was like watching someone go over the prison wall."

For Ida Rollin, climbing over the wall meant swallowing a large number of sleeping pills. But she wouldn't have known which ones to take had Betty not done extensive research. Betty and her husband, Ed, sat by Ida's bed as she took the pills and held her hand as she died.

"My husband and I were choking with emotion," Betty recalls. "We were three criminals, three *(continued)*

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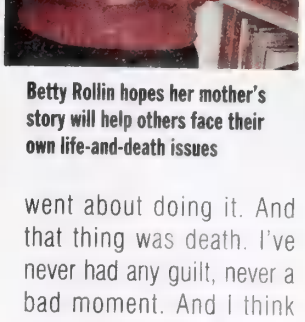
(continued) conspirators, but we were all just crazy about each other. So we were able to act together in this strange mission."

Although the book was an enormous success, the film wasn't made for several years. "I think people are [finally] ready for this," Rollin says. "A lot of people are afraid—for themselves and the people they love. More and more have experienced the horror of a technologically prolonged life."

Judging by the success of *Final Exit,* by Derek Humphrey (Hemlock/Carol Publishing, 1991), a best-selling book about suicide methods, she appears to be right. Rollin, who wrote the foreword to the book, sees it as a plan that might help those not so well prepared as her mother.

"My mother was heroic," Rollin says. "She thought something through and went about doing it. And that thing was death. I've never had any guilt, never a bad moment. And I think the reason is that it was a pure act of love."

—MELANIE BERGER



Betty Rollin hopes her mother's story will help others face their own life-and-death issues

WHAT TO DO IF YOU'RE A VICTIM OF SEXUAL HARASSMENT

When she testified against then Supreme Court nominee Clarence Thomas last October, Anita Hill couldn't have imagined the fury her accusation of sexual harassment would unleash. In one short week, the country got a crash course on the hardships faced by women in the workplace—and politicians from both parties vowed to make the issue a top priority. In fact, as the Journal went to press, the Senate passed legislation that would allow sexual harassment victims to collect damages, should they decide to sue. Says Secretary of Labor Lynn Martin, "Sexual harassment is not only a women's issue, it's a business and labor issue. A positive work environment is critical to both personal satisfaction and productivity. We have to learn to work together to produce [it]."

But now that the political dust has settled, the practical questions remain: What exactly constitutes sexual harassment? And if you're a victim, what can you do? LHJ talked to Martin and other experts to find out what every woman should know.

First, the definition. Sexual harassment involves *all* sexual behavior—including physical conduct, requests for sexual favors, and verbal remarks—when:

- Submission to the behavior is made a term or condition of employment—either explicitly or implicitly.
- A person's response to the behavior is used as a basis for employment decisions affecting her (such as promotions and raises).
- The behavior creates a working environment that the individual finds intimidating, hostile or offensive, or it unreasonably interferes with her ability to work.

Many men think it's flattering to ask a woman out or compliment her figure—even on the job. But according to experts, most cases of harassment are not about flattery at all—instead, they say, it's a way of exerting power over a woman.

If you are being sexually harassed at work, here's what the experts say you should do:

- Immediately make it clear to the harasser that you do not like his behavior. This is a difficult but very important step. Some men actually don't realize that what they're doing is wrong. And the definition of harassment hinges on the fact that the behavior is *unwelcome*—which you should indicate from the beginning.
- Keep your own written record of the behavior, including dates, times and complete details of what happened.
- Tell someone you trust, such as a friend, clergyperson or lawyer, about the incident and explain the steps you took to resolve it.
- Tell your boss (or *his* higher-up if your boss is the harasser) if the behavior persists. Demand that he or she make a record of your complaint, investigate the charges and ensure that the behavior stops.
- Finally, if management is not responding to your complaint, or you wish to take legal action, contact a lawyer or the Equal Employment Opportunity Commission at 800-USA-EEOC. —M.B.

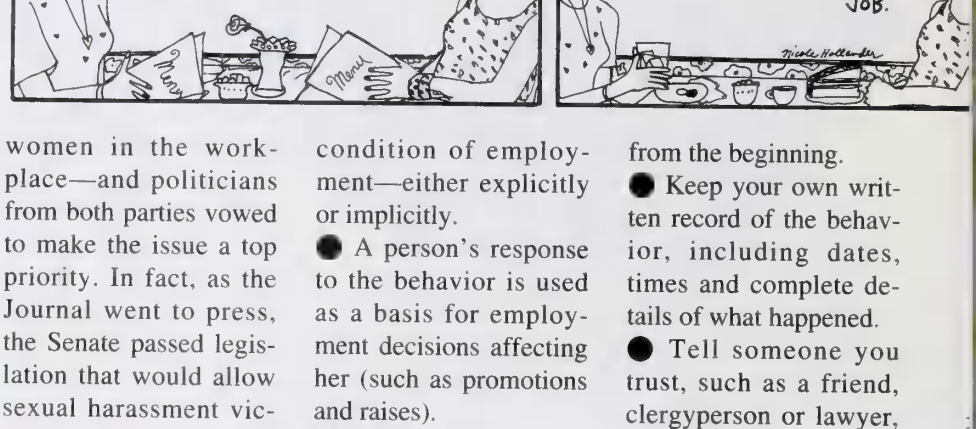


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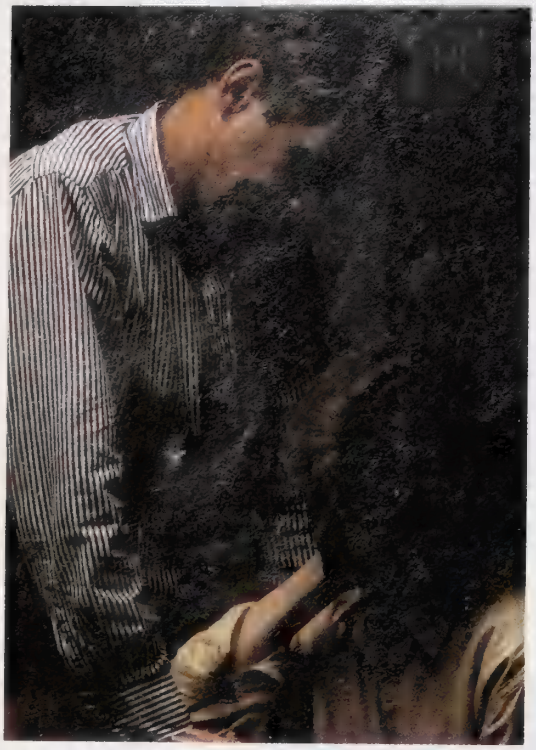
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CAN THIS MARRIAGE BE SAVED?



A WORKBOOK FOR YOU AND YOUR HUSBAND

In this third and final installment of our workbook for couples, we focus on how you and your partner can really learn to like as well as love each other. By Margery D. Rosen, with Evelyn Firestone Moschetta, D.S.W., and Paul Moschetta, D.S.W.

ACCEPTANCE

When we grow up knowing that we are deeply loved and valued despite our flaws, we can extend these feelings of acceptance to our partner. However, if we are lacking this kind of security, we can still develop it, strengthening both ourselves and our marriage.

Acceptance is the opposite of being competitive, critical and blaming. Very often, though we are unaware of it, we make judgments about each other. If a person feels judged, trust is damaged, self-esteem is hurt and willingness to communicate slips away.

There are three important aspects of acceptance: empathy, encouragement and the ability to separate the deed from the doer. Empathy means being able to put yourself in another's place: to feel what the other feels while not losing your own sense of identity. It helps partners to understand each other on a level beyond words and allows them to forgive each other when necessary.

Encouragement conveys acceptance because it focuses on strengths and assets, on what's right rather than what's wrong. There is no expectation of having to be perfect in order to be loved. Encouragement recognizes effort and improvement and sends the message "I believe in you."

The ability to separate the deed from the doer is just as crucial. For example, you work hard not to say to your son, "You're a bad boy for writing on the wall." (The writing is bad; *he* isn't.) In the same way, marriage partners have to feel that while not everything they do may be applauded, they are nonetheless loved and accepted.

ACCEPTANCE SELF-APPRAISAL

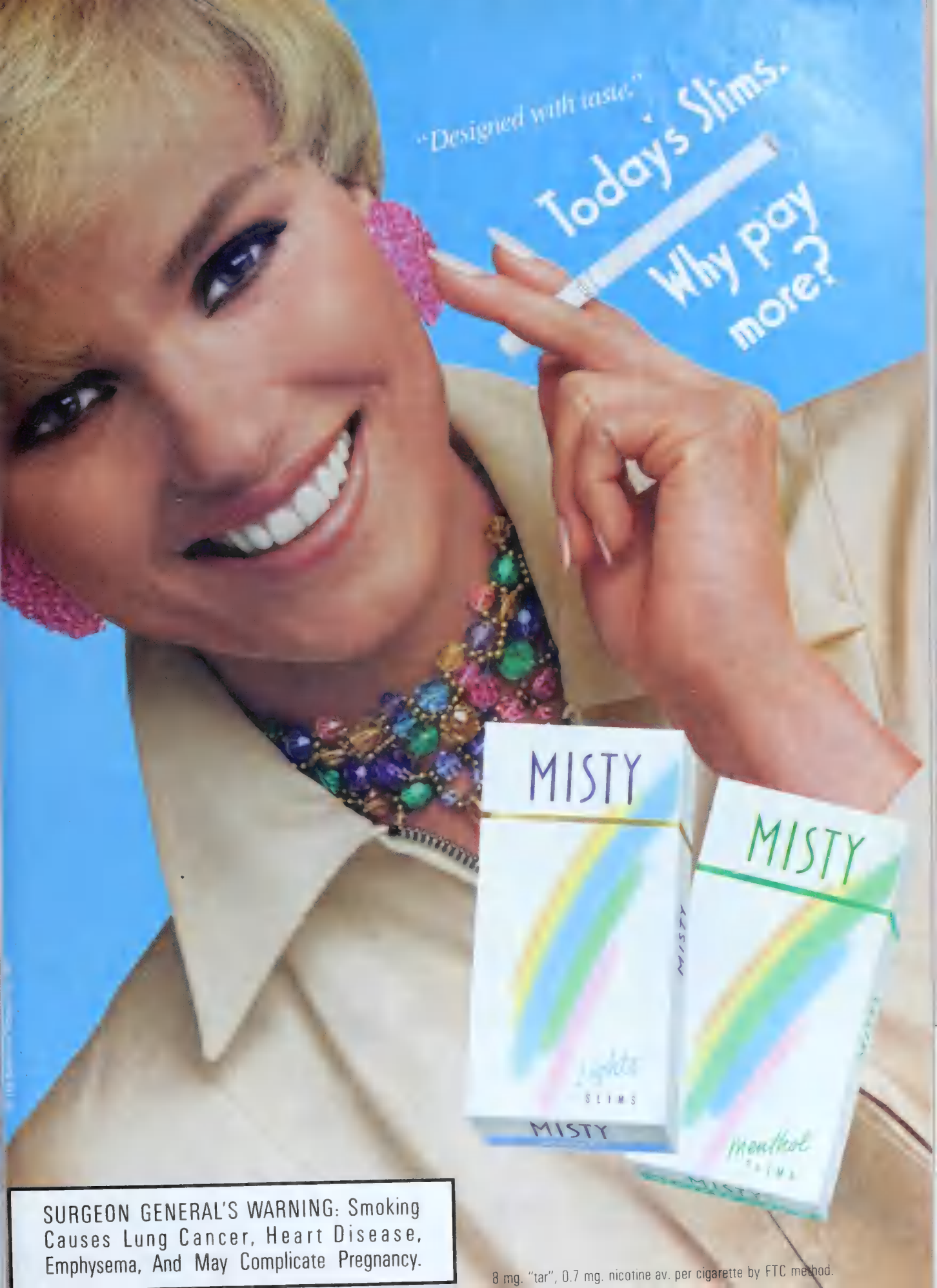
Ask yourselves:

- **Did you feel cherished by your mother? By your father?**
- **Were there certain conditions you had to meet before you received love?**
- **Were your parents or siblings overcritical or judgmental?** ***(continued)***



Margery Rosen, the Journal's senior editor, specializes in psychology and relationships. She has written the "Can this marriage be saved?" column for eight years. Evelyn and Paul Moschetta are contributing editors of LHJ. They have been counseling couples for more than twenty years and have a practice in New York City and Long Island. Their book, "Caring Couples: Inside the Vital Total Relationship" ($12.95, postpaid), is available by writing to them at 315 East 56th Street, New York, NY 10022.

Top photo: James McLoughlin.



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■ MARRIAGE WORKBOOK
continued

How did you cope with this?

■ Were you pressured to be perfect? What form did this pressure take?

■ Do you tend to focus more on the positive or the negative in yourself?

■ In your marriage, how easy is it for you to give encouragement? Do you get enough of it?

SKILL BUILDERS

#1: THANKS A LOT

At least once a week, set aside a half hour of quiet time, and tell each other the things you appreciate: "Thanks for picking up the dry cleaning," "I'm really happy that you took the time to talk with my father," and so on.

#2: TRIVIAL PURSUIT

The trivia of everyday life can get in the way of a good relationship. It's critical that couples learn to deal with minor irritations as they arise so they don't develop into crises. These are things like not listening, forgetting to tell your spouse you'll be late for dinner, leaving a mess in the bathroom or using up all the gas in the car. How many of these sorts of situations occur in your marriage from time to time? Talk about how each of you can learn to be more considerate. Be honest and clear, but not angry.

#3: SEVEN DAYS A WEEK

Write down seven small things your partner can do to help you feel encouraged and loved. Exchange lists, and each day for one week choose an item from your partner's list and act on it. The list might include requests like: "It would help me if you took a ten-minute walk with me . . . called me on the phone from work and told me you love me . . . put the newspaper down and looked at me when I was talking."

#4: CRYSTAL BALL

Your partner cannot read your mind, so it's very important that you learn to express your needs and desires. Each of you should write down what it is you need to feel encouraged, desired, accepted and fulfilled. Exchange lists.

COMPANIONSHIP

Many times, couples will tell us, "We love each other, but we're not really compatible." A woman might say, "On weekends, I love going into the city, to the ballet and out to dinner. All he wants to do is go bowling." These couples equate companionship with liking exactly the same things. While sharing interests is certainly a factor to consider, the key to compatibility is the willingness to jump in and try what your partner suggests—without resentment or sulking. That way, you develop more areas of mutual interest. On the other hand, it's important not to pressure your spouse into liking something as much as you do.

This was a serious problem for Charlie, a thirty-one-year-old insurance executive, and his thirty-year-old wife, Susan, a paralegal. Charlie's passion was skiing. Susan liked the sport and joined him on every trip, but she didn't want to spend all day on the slopes. Charlie was exasperated by what he considered his wife's lack of toughness. We suggested that it was unrealistic for him to expect Susan to be as enthusiastic about skiing as he was. Instead, he could be pleased that she was willing to participate.

Of course, the ideal is to have at least some activities you can share enthusiastically, where you both can be free and uninhibited. Key elements in achieving this kind of compatibility are a certain level of independence, being comfortable with the blurring of traditional roles, and understanding the model of marriage you witnessed as a child.

COMPANIONSHIP SELF-APPRAISAL

Ask yourselves:

■ Did you grow up in a home where male/female roles were rigidly

prescribed? Did Dad refuse to do any housework? Did your mother think that yard work was for men only?

- **Did your parents have interests or hobbies in common?**
- **What's your level of independence? Did your parents encourage you to take risks, or were they overprotective?**
- **Are you comfortable trying new things? Or do you prefer established routines?**
- **Did your parents laugh together? Were they able to laugh at themselves?**
- **Were your parents good friends? Did they confide in each other?**

SKILL BUILDERS

#1: TIME ALONE, TIME TOGETHER

This exercise has two parts. Part one: With so many demands made on us, time alone—to jog, take a bath, clean the closet, read a book—has become precious. You can make more of it. Each of you should write down three or more things you'd like to do if you had a moment. Try not to be judgmental about your partner's choices. Set aside at least twenty minutes each day during which one of you is on duty while the other pursues a chosen activity. In other words, if the baby wakes up early from her nap, the covering person takes care of her.

Part two: It's also essential to secure at least ten or twenty minutes daily of couple time. This doesn't necessarily mean time for sex but, rather, private time for a back rub, a talk or a cuddle on the couch.



#2: SERENDIPITY

Part of the joy and excitement you used to feel for each other was triggered by the unexpected moments you shared when you were dating. The problem is, with kids and jobs, we tend to fall into ruts.

Break the mold. Find times during the day to be together so you can recapture lost intimacy. Can you go out for a quick breakfast after the kids leave for school? How about lunch?

#3: PILLOW TALK

Don't be in such a hurry to go to sleep. Many couples report that talking in bed is a great way to feel intimate at the end of the day.

#4: TRANSITION TIME

Whether one or both of you work outside the home, you need a break between your working world and your marital world. Women who stay home with the kids also need to refresh themselves and ease out of their mommy role into their partner role. To accomplish this, build in some transition time for both of you at the end of the workday. In the car on the way home, begin to unwind with music or a relaxation tape. For the partner who has been home all day: About half an hour before your spouse arrives, take a shower, or a brief nap, listen to some quiet music, do whatever you need to do to relax.

#5: WISH LIST

Make a list of three things each of you would like to try. At least once a month, take turns picking one activity from your list to try together. Whether it's horseback riding or the ballet, participate graciously.

Twice a year, plan a night or a weekend away. *You're entitled!* If finances are a problem, do what one young couple did: They brought their nine-month-old daughter to Grandma's house and spent the weekend alone—at home.

#6: FUNNY BONES

Now this may sound ridiculous—after all, how can you laugh on cue?—but we can't emphasize enough the importance of injecting humor into your life. Rent a funny movie, go out to a comedy club. The ability to laugh—at yourselves and with each other—is replenishing and takes the edge off marital discord.

A FINAL NOTE

You've now completed the marriage workbook and are on the right track for improvement. If you don't see results right away, don't give up. This is no easy task! Keep trying, and remember:

- **Your spouse is not your enemy. Take time out from disturbing issues to allow negative emotions to dissipate.**
- **The only person you can change is yourself.**
- **Acknowledge the strengths of your relationship.**
- **Be positive. Behavior is always slow to change, but an optimistic attitude eases tension and leads to greater cooperation.** ■



Actual size is 14½ inches tall. Complete with miniature tea pot and doll stand.

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"Polly"

A charming first issue at a remarkable value!

Can this really be "Polly," the little tomboy, all dressed up to host her very first tea party? Her freckled face washed clean and her unruly hair neatly combed, this young lady practices what Mommy calls "proper etiquette" before her guests arrive.

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"Polly's" head, arms, and legs are cast of fine bisque porcelain. Hand-painted eyebrows, hand-set green eyes, and crimped red hair capture her tomboyish charm. Her head is fully poseable, so she can look down as she "pours tea." "Polly" is dressed in an old-fashioned, cotton-blend dress that features inset lace, hand-tailored pintucking, and a stain sash. Underneath, "Polly" wears an attached half-slip, pantaloons, knit hose, and slip-on shoes. She holds a hand-decorated china tea pot with a copper wire handle. Each doll is hand-numbered and comes with a matching-numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, these distinctive features have earned "Polly" the *Standards'* highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship—such as "Polly" and other Premiere Grade dolls—have excellent potential to appreciate.

Bear in mind that "Polly" is the first issue in an important collection, just as the exceptional sold-out dolls in the chart below. "Polly" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Polly" can be yours to cherish for only $78.00—an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached Reservation Certificate. But hurry... "Polly" is issued in an edition ending forever in 1991, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

First-Issue Doll	Edition End	Issue Price	Average Market Value*	Change
"Little Bo Peep"	1987	$58	$295	+$237
"The Glamour of the Gibson Girl"	1988	$77	$185	+$108
"Meagan"	1989	$87	$129	+$42

*Source: August, 1991 survey of registered sales by select doll dealers nationwide. Prices quoted above are based on relatively few sales by leading doll dealers and reflect the law of supply and demand; actual resale prices realized by individual collectors may be lower.

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76481-D88086

THE FAMILY WINTER HEALTH GUIDE

Allergies. Flu. Sore throats. Sometimes hibernation seems like the safest way to get through the winter. But now, new medical research can help you and your family fight even the toughest cold-weather ailments.

By Andrea Gross



The winter months can be the cruelest when it comes to health. Rampant germs, indoor pollutants, and the scarcity of sunshine raise our susceptibility to everything from flu to depression. Worrying about winter ills won't make them go away, though—in fact, recent research shows that, yes, indeed, we *can* worry ourselves sick. A study sponsored by the National Institute of Allergy and Infectious Diseases (NIAID) confirmed what many of us had long suspected: Stress makes you more likely to catch a cold.

Fear not. To cut back on some of this season's stress, here's the latest information on common ailments to help keep your family well all winter.

ALLERGIES

1992 diagnosis

Though cold weather ends the hay-fever season, it doesn't necessarily mean relief for the estimated forty-one million Americans who suffer from allergies. Animal dander, mold spores, cockroaches and dust mites can aggravate allergy symptoms in January as well as June. The biggest culprit: dust mites, tiny creatures that inhabit even the cleanest homes and affect about twenty million people. In winter, heating systems stir up the mites' invisible waste particles and distribute them in recirculated air. When an allergic person inhales these particles, her immune system responds by releasing histamine, a natural protective substance. This reaction in turn causes such symptoms as a runny nose and itchy eyes, and it can sometimes lead to an asthma attack.

Rx

Keep animals well brushed and furniture free of dander, reduce clutter, encase mattresses in plastic covers and use comforters and pillows made from nonallergenic synthetics. In addition, wash linens in hot water, change furnace filters frequently, and use a humidistat to determine the humidity in your home. If it is above 55 percent, consider using a dehumidifier to reduce the growth of both mold and dust mites.

To fight symptoms, try over-the-counter *(continued)*



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Say good night to your cold.



No one wants to be kept awake by annoying cold or flu symptoms. That's why there's Robitussin® Night Relief. Its effective, non-alcoholic formula lets you say good night to cold symptoms such as coughing, runny nose, sneezing and nasal congestion. And its non-aspirin pain reliever does the same for the fever, aches and pains that come with the flu. Robitussin Night Relief. From the family of products that moms have trusted for over forty years.



USE ONLY AS DIRECTED

Robitussin Night Relief. Recommended by "Dr. Mom."

(continued) antihistamines (to relieve a runny nose) and decongestants (to reduce stuffiness). For a stronger medication that won't cause drowsiness, the FDA has just approved a prescription antihistamine/decongestant, Seldane-D.

If allergies are a major problem, call Johns Hopkins Asthma and Allergy Center (800-344-3224) for a mail-order analysis of house-dust samples.



ASTHMA

1992 diagnosis

The number of asthma sufferers is on the rise—more than ten million Americans, including three million children, have this lung disorder, up from seven million in 1980, and deaths rose more than 30 percent during the eighties. Experts say the increase may be due in part to better detection, but also to growing pollution and, among the disadvantaged, to lack of adequate health care.

Asthma attacks occur year-round; in winter, they are often triggered by respiratory infections and cold, dry air as well as allergens. During an attack, each breath is a struggle as muscles surrounding the narrow airways in the lungs constrict, the inner lining of the airways swells, and the membranes secrete extra mucus, which further blocks air flow.

℞

Many experts suggest patients monitor their condition with peak-flow meters—small inhalation devices that allow sufferers to spot decreased lung function before symptoms appear and take medication to prevent an attack. Medications include bronchodilators to stop spasms and corticosteroids to reduce inflammation. Because steroids taken orally can cause side effects such as fluid retention, most doctors prefer to prescribe the inhaler form unless the asthma is severe.





COLDS

1992 diagnosis

They aren't called common for nothing, of course—just about everyone will have at least one miserable cold this winter. Along with the flu, colds are responsible for $10 billion in lost wages and more than one hundred million missed school days every year.

℞

Colds can be caused by more than one hundred viruses, which is why no one has yet engineered an effective vaccine to combat them.

Until the day when such prevention is possible, doctors recommend the same measures Mom always did: bed rest, hot fluids, and symptom-specific drugs for older children and adults. Over-the-counter medications don't help young kids, says Michael Smith, M.D., a research fellow at the University of Ottawa, who recently reviewed forty years of studies on the subject.

Hot-water vaporizers don't seem to help much either. According to a recent study led by Michael Macknin, M.D., head of general pediatrics at the Cleveland Clinic, people who breathed normal room air recovered faster than those who inhaled heated-water vapor.

EARACHES

1992 diagnosis

Colds and allergies can set the stage for middle-ear infection, called *otitis media*, one of the most common childhood ailments. Infection is caused when the tissues around the eustachian tube—which connects the middle ear to the nose and throat—swell, narrowing the tube. Air, which normally enters the middle ear every time a person swallows, can no longer get in, and a vacuum is created. Fluids from the surrounding tissue fill the vacuum and provide a breeding ground for bacteria.

℞

Doctors usually treat ear infections with antibiotics. But when a child has *(continued)*

Photos: left, Rob Goldman/FPG; right, Dick Luria/FPG.



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*100 calories per 7 ounce serving

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(continued) recurring infections, surgeons often implant tiny tubes, which act as substitutes for the blocked eustachian tubes. However, new studies indicate that a long-term regimen of low-dose antibiotics may be just as effective.

HEART ATTACKS

1992 diagnosis

Heart attacks strike one and a quarter million Americans each year, and almost 40 percent happen between November and February. Attacks usually occur when a blood clot interrupts the flow of blood to the heart; symptoms include pressure or pain under the breastbone, sweating, nausea, shortness of breath and weakness.

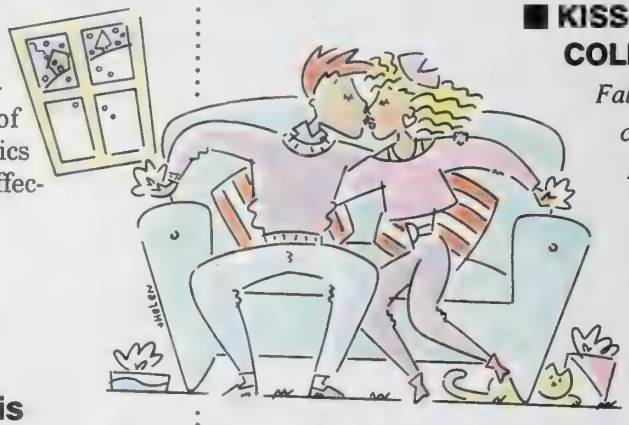
Why do so many attacks happen in winter? Doctors say cold weather stimulates the body to produce catecholamines, a group of chemicals—including



adrenaline—that cause the heart to beat faster, the blood to clot more easily, and the blood vessels leading to the heart to constrict. In people with impaired heart *(continued)*

Cold facts

WE ALL KNOW BY NOW THAT CHICKEN SOUP REALLY CAN EASE COLD SYMPTOMS. BUT WHAT OTHER WELL-KNOWN POP THEORIES CHECK OUT? TEST YOUR COLD COMPREHENSION:



■ KISSING IS OFF-LIMITS FOR COLD SUFFERERS

False. If your husband has a cold, you can smooch away in relative safety. It's shaking his hand that's likely to make you sick. Although colds can be transmitted through the air by sneezing, the virus is more often passed hand-to-face. And cold viruses enter the bloodstream primarily through the membranes of the nose and eyes, not the mouth, says Joseph Hopkins, M.D., of the Stanford Mid-Peninsula Health Center. Most important: Wash your hands frequently if you have a cold or are caring for someone who does.

■ VITAMIN C PROTECTS YOU FROM COLDS

True and *false. Vitamin C won't keep you from getting a cold, but it may take some steam out of the colds you do get. Three experiments at the University of Wisconsin Medical School, in Madison, showed that people who took 2,000 mg of vitamin C each day—more than thirty times the U.S. RDA—had milder colds than those who took a placebo. "I was a big skeptic," admits Elliot Dick, the principal investigator, "but it seems to work."*

■ ZINC HELPS CURE COLDS

True. According to a study released last October, zinc lozenges—if taken soon after symptoms begin—make colds significantly shorter and milder. But there's a catch: Unadulterated zinc tastes horrible, and most flavoring agents inactivate its curative powers. The study's author, John C. Godfrey, Ph.D., of Dartmouth College, is seeking government approval for zinc gluconate/glycine lozenges, which are both healing and *tasty.*

■ CATCH A CHILL, CATCH YOUR DEATH OF COLD

False. Colds are caused by viruses, not chills. We get more colds in the winter because we stay indoors, where we come into close contact with infected people. In one study, a group of scantily clad volunteers became thoroughly chilled by sitting on blocks of ice, yet they caught no more colds than their warmly dressed friends.

■ FEED A COLD, STARVE A FEVER

True. While a sick body needs nourishment, a feverish one doesn't want it. Why? A fever means that white blood cells are working overtime to combat germs, and this activity can slow digestion. If you eat heavily, you're likely to be nauseated or get cramps. "You'll probably feel better if you drink liquids and eat easily digested foods like crackers until the fever goes down," says John Tudor, M.D., president-elect of the American Academy of Family Physicians. —A.G.

Illustration, Mary Thelen; photo, Uniphoto.



© 1991 James River Corporation.



(continued) function, low temperatures coupled with unusual exertion, such as shoveling snow, can trigger an attack.

℞

If someone loses consciousness, immediately administer cardiopulmonary resuscitation (CPR). Call an ambulance or get the victim to the hospital as soon as possible. (To learn CPR, contact your local branch of the American Red Cross or the American Heart Association.)

HYPOTHERMIA

1992 diagnosis

When someone is exposed to extreme cold, several symptoms—including shivering, pallor and blue lips—signal the onset of hypothermia, or dangerously low body temperature. Further loss of body heat can lead to slowed breathing, mental confusion, muscle rigidity, loss of consciousness and even death.

℞

Wear layers of warm clothing. Lightweight synthetics draw perspiration away from the body, so they are comfortable even for vigorous sports like cross-country skiing. A warm hat is vital, as 30 percent of heat loss is from the head. Also, gloves and socks should be kept as dry as possible; insulated boots provide good protection. If you suspect hypothermia, seek medical attention immediately.

INFLUENZA

1992 diagnosis

Experts from the Centers for Disease Control (CDC) speculate that this year nearly one in five Americans will come down with the highly contagious viral infection type A influenza. In addition to fever, chills, muscle aches, sore throat, nausea and overwhelming fatigue, this flu can cause life-threatening complications such as pneumonia.

Fortunately, flu is usually preventable. Doctors advise everyone to get vaccinated. Last year's shot won't help now—the virus is different every year. Vaccines are especially important for people at risk for complications: seniors; children on long-term aspirin therapy for chronic diseases; people with chronic lung, heart or kidney disease, diabetes, severe anemia, or any illness that suppresses immunity; patients in nursing homes; and all health-care providers.

Reactions to vaccines are usually mild. A small number of people develop a swollen, tender area at the site of the injection, while a few suffer a slight fever, chills or a headache.

Another preventive measure against influenza A is the antiviral drug amantadine, which can also be used as a treatment.

℞

If the flu does strike, the best course is bed rest, fluids, aspirin or acetaminophen to relieve headache, and an expectorant to loosen mucus. The worst is usually over in three to five days. If symptoms last beyond this point—and you have trouble breathing or a cough that produces thick yellow sputum—you may have a bacterial infection, which requires antibiotics.

MEASLES

1992 diagnosis

A potentially dangerous viral disease, measles has had a recent resurgence, especially among *(continued)*

Penicillin: Can you take it?

Millions of Americans think they're allergic to penicillin, but most of them may be wrong. After studying thousands of patients, researchers at the Johns Hopkins Asthma and Allergy Center, in Baltimore, found that 80 percent of those who thought they were allergic were not. Doctors assume most lost their allergy over time or were initially misdiagnosed. Chief researcher N. Franklin Adkinson, M.D., has developed a test to determine true sensitivity: A doctor injects a small dose of the drug; if a bump appears, the patient probably is allergic. The test, now awaiting FDA approval, may mean millions will be able to forgo alternative antibiotics, which can be less effective, more toxic and more expensive than penicillin. —SIOBHAN FERGUS TOSCANO

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(continued) preschoolers, due in part to low vaccination rates.

The disease begins with a progressively high fever (up to 105°F.), a runny nose, dry cough and watery eyes. Small red spots with tiny blue specks in the center appear inside the mouth and on the tongue. Finally, a red rash will develop on the face and neck and spread to the trunk, arms and legs. Complications include ear infections, pneumonia and occasionally encephalitis, a potentially fatal inflammation of the brain.

Doctors recommend immunization between twelve and fifteen months, and again between four and six years of age *or* between ages eleven and twelve; guidelines differ from state to state.

If your child contracts measles, keep her at home. Bed rest, fluids, pain relievers and lotions to relieve itching will help ease discomfort. The rash should clear up in three to five days. If symptoms such as breathing difficulties or extreme lethargy and confusion develop, see your pediatrician immediately.

MENINGITIS

1992 diagnosis

Bacterial meningitis, an inflammation of the membranes around the brain and spinal cord, occurs most often at this time of year. Symptoms include headache, stiff neck, fever, vomiting and sensitivity to light, and in the most severe cases, convulsions and delirium. The most common type of bacterial meningitis, caused by Haemophilus influenzae type b (Hib), affects one in eight hundred children, usually during the first few years of life. Ten percent die; up to half are left with a lifelong disability such as visual or hearing impairment. (Different bacteria are responsible for meningitis in children over five and adults.)

Rx

A new vaccine, given at two, four and six months, with a booster at fifteen to eighteen months, provides protection against Hib. But some babies catch it in the first months of life, often from older siblings who may carry the bacteria without suffering from the disease. To prevent this early infection, researchers at Baylor College of Medicine, in Houston, are experimenting with a vaccine that is given to women late in their pregnancy. The vaccine causes the mother to develop protective antibodies, which are passed to the child.



Bacterial meningitis can be treated with antibiotics.

SEASONAL AFFECTIVE DISORDER

1992 diagnosis

A winter depression that is often accompanied by oversleeping, overeating, and carbohydrate cravings, seasonal affective disorder (SAD) seems to be an alteration of brain chemistry resulting from lack of sunlight. Experts estimate that it affects about one in five people. About 25 percent of sufferers become so depressed that they need medical or psychological help. For reasons doctors don't understand, women are three times as likely to be affected as men.

Rx

For relief from a mild case, sit near a window when possible, take noontime walks and paint the walls of your home or workplace in light colors.

If you suffer from severe depression, consult a doctor. Treatments may include daily sessions in front of a high-intensity light box.

SKIN PROBLEMS

1992 diagnosis

Many people develop dry skin in the winter due to cold, dry air outside and heating inside.

It's also highly possible to suffer a bad sunburn in winter. Skiers and hikers are particularly vulnerable, because ultraviolet rays increase 5 percent with every *(continued)*

Tony Stone Worldwide

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*Protein fortified non-fat yogurt. Calcium requirement based on U.S. RDA for women over 24.

(continued) thousand feet of elevation and because snow and ice magnify the intensity of sunlight by up to 50 percent.

℞

For dry skin: Since bathing dries skin by removing natural oils, take quick showers instead of long soaks in the tub. Use mild soaps, apply moisturizer when skin is damp, and use a humidifier if the air inside your home is dry.

To avoid sun damage: Doctors advise using a sunscreen with an SPF of at least fifteen whenever you spend time outdoors.



SPORTS INJURIES

1992 diagnosis

In 1990 alone there were one hundred twenty-two thousand ski injuries serious enough to warrant emergency-room treatment. Sledding and tobogganing caused thirty-three thousand injuries and fourteen hundred hospitalizations. Countless injuries also afflict skaters and ice-hockey players.

℞

Don't resign yourself to a sedentary winter, but do take precautions. Use modern, well-maintained equipment. Over the past decade, safer ski gear has greatly reduced the risk of many sprains and fractures.

Kids ages five to nine suffer the most sledding injuries; experts recommend adult supervision and bicycle helmets for maximum safety. Always survey the area to make sure there are no obstacles in the path of the sleds. Skaters can avoid strains and sprains by doing stretching exercises for at least five minutes before stepping out on the ice and after stepping off.

STREP THROAT

1992 diagnosis

Every year about thirty million Americans get strep throat. Symptoms include a severe sore throat, headache, and fever over 102°F. Left untreated, the most common form of the infection—caused by group A streptococcus bacteria—can lead to various illnesses, including rheumatic fever, an inflammatory disease that often results in permanent heart damage.

According to NIAID, rheumatic fever has been on the increase in the U.S. for the last five years. Doctors suspect a more virulent strain of the streptococcus bacteria may be causing this rise, and they urge people who suspect they have strep to get a throat culture.

According to James C. Turner, M.D., director of student health services at the University of South Carolina, another type of streptococcus, group C, may be responsible for sore throats in many young adults. Previously, this strain was not thought to cause throat infection. Researchers now speculate that many people build up an immunity to strains of group A in childhood, succumb to group C as young adults, and then gradually become immune to that as well. "Group C strep isn't as serious as group A," says Turner, "but you still feel terrible." He advises young adults who test negative for group A strep to request a screening for group C.

℞

Penicillin or erythromycin will relieve strep. (See box, page 62, if you think you're allergic to penicillin.) ■

Andrea Gross is a contributing editor of Ladies' Home Journal.

The following experts also contributed to this section: Steven B. Black, M.D., Kaiser Permanente Medical Center, Oakland, CA; Breck Lebegue, M.D., University of Utah, in Salt Lake City; Kenneth Newman, M.D., National Jewish Center for Immunology and Respiratory Medicine, in Denver; Raja G. Ogirala, M.D., Albert Einstein School of Medicine, Bronx, NY; Marvin Pizer, M.D., a physician in private practice in Los Angeles; Thomas Platts-Mills, M.D., University of Virginia, in Charlottesville; Norman Rosenthal, M.D., National Institute of Mental Health, in Bethesda, MD; Lois Sheldahl, Ph.D., Medical College of Wisconsin at Milwaukee; George Sopko, M.D., National Heart, Lung and Blood Institute, in Bethesda, MD; Jeffrey Weiss, M.D., Thomas Jefferson University Hospital, in Philadelphia.

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WOMEN'S HEALTH UPDATE

These days, the biggest medical battleground is the body of the middle-aged American woman, as baby boomers are faced with life-and-death decisions about hormone treatments. Here, a take-charge guide. **By Joan Lippert**

ERT guidelines

At menopause, every woman confronts a drop in estrogen production—and the question of whether to begin estrogen-replacement therapy (ERT) to ease typical symptoms such as hot flashes and vaginal dryness. ERT also offers other health benefits: Recent research shows it can slow the bone loss of osteoporosis as well as protect against heart disease by adjusting cholesterol levels. Still, the therapy is not without risks: Studies suggest it may raise the chance of developing breast cancer and uterine cancer; it might even produce symptoms just as troublesome as the ones you're being treated for. How can women decide? There's no simple formula, since everyone is at a different risk for each condition. You must sit down with your doctor and consider the factors. Some questions to discuss.

What is your breast-cancer history and risk profile? ERT is generally ruled out for women who have already had breast cancer; estrogen could stimulate the growth of hidden cancer cells. Doctors may also recommend against the therapy if you're at high risk for breast cancer (see chart).

What is your heart-disease risk? In general, heart disease is a much bigger threat than breast cancer. It's the number-one killer of American women: About one quarter of women will die of heart attacks, while only 4 percent will die from breast cancer. *(continued on page 74)*

STOPPING BREAST CANCER BEFORE IT STARTS

Until now, women have had only one option if they wished to prevent breast cancer, a drastic one: mastectomy. And, indeed, some women at high risk do choose to go under the knife. But doctors are hopeful about an easier option: the drug tamoxifen, known for a few years as a powerful breast-cancer treatment. The National Cancer Institute (NCI) is embarking on a major study of sixteen thousand women over the next five years to see whether the drug can actually prevent breast cancer in high-risk cases. The study is *(continued on page 74)*

WHAT'S YOUR BREAST-CANCER RISK?

No doctor can predict with absolute certainty whether a woman will develop breast cancer, but recent research allows informed estimates. Mitchell H. Gail, M.D., a biostatistician, and his colleagues at the National Cancer Institute, in Bethesda, Maryland, have identified four major factors: the number of first-degree relatives (sisters or mother) who have had breast cancer; menstruation at an early age; delayed motherhood; number of previous breast biopsies, even if for benign conditions. Age itself is a risk factor for cancer, and older women tend to have a higher risk. Below, Dr. Gail has calculated breast-cancer risks for nine sample women to show you how these factors can interact.

AGE	NUMBER OF RELATIVES	AGE AT MENSTRUATION	NUMBER OF BIOPSIES	AGE AT FIRST LIVE BIRTH	10-YEAR RISK (%)	20-YEAR RISK (%)	30-YEAR RISK (%)
20	1	14	0	19	0.1	1.3	4.4
20	2	11	1	20	0.6	5.4	17.2
30	0	14	0	25	0.7	2.6	4.9
30	1	11	1	30	2.5	8.7	14.2
40	1	14	1	24	5.2	9.7	14.3
40	2	11	2	29	17.9	28.4	38.1
50	0	14	1	19	1.9	3.8	5.2
50	1	11	2	30	7.8	15.5	20.4
50	1	11	2*	30	14.7	28.1	35.7

* Atypical hyperplasia found

Picture of Health



Blue Diamond
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WOMEN'S HEALTH
continued

At greater risk of heart disease: those who smoke or have high blood pressure or diabetes and those who have a parent who suffered a heart attack before age sixty. So if you're not in the highest-risk groups for breast cancer, doctors say, the protection ERT can provide against heart disease far outweighs the dangers of breast cancer or uterine cancer.

Are you a candidate for osteoporosis? Again, this disease is a great deal more common than breast cancer. By age seventy-five, fully 90 percent of American women show some evidence of bone wasting, which can eventually cause crippling fractures. Those who face the greatest risk: small-boned, thin women; smokers and alcoholics; those with a family history of the disease; women who have had a lifetime of low calcium intake; women who have early menopause; and white and Asian women. Some doctors are also starting to take bone-density measurements for a more accurate assessment.

How severe are your menopause symptoms? Symptoms span a wide range. You may not want estrogen replacement at all if you experience, say, only mild hot flashes.

What type of ERT is best? Estrogen can be administered in different ways—pill, patch or cream. These days most women on ERT are given estrogen in combination with another hormone, progesterone, to reduce the risk of uterine cancer. Yet this combination has never been formally approved by the FDA, and progesterone may reduce estrogen's effectiveness as a heart-disease preventive. What's more, it may cause side effects such as irritability, mood swings, breast tenderness, hot flashes and migraines. Women who suffer these effects can try estrogen alone.

If you can't take estrogen or don't want to, doctors may prescribe drugs such as calcitonin to stave off bone loss; cholesterol-lowering drugs and changes in diet and exercise to prevent heart disease.

What follow-up care do I need? Women on estrogen and progesterone should have a mammogram and a Pap smear every year and a uterine biopsy every two to three years. Women on estrogen alone should have all three annually. Also, don't be afraid to discuss adjustments of dosage with your doctor if you're not feeling right.

(continued) controversial, however, sinc tamoxifen carries certain risks.

How does this medication work? Tamoxi fen blocks the effects of the body's ow estrogen, which fuels the growth of som kinds of breast tumors. It may also slow dow cancer's rampant cell division and stimulat the body's immune system to fight tumor says Leslie G. Ford, M.D., a research admir istrator at the NCI. Another plus: While th drug works against estrogen to combe breast tumors, it actually seems to mim estrogen's effects in lessening the risk of hea disease and osteoporosis.

What are the drawbacks? Tamoxife sometimes generates hot flashes, but a f more serious side effect could be an increase risk for other cancers. One study, at th Danish Cancer Registry, in Copenhage showed a threefold increase in uterine-canc incidence in breast-cancer patients who to tamoxifen, although other studies ha shown no increase. Tamoxifen has also be linked to a small increase in liver cancer laboratory animals.

Since most breast-cancer patients ha taken the drug for two years or less, so experts think it's too soon to give such strong drug for five years to so many healt women, a large number of whom may ne develop the disease anyway. "Tamoxifen h not been in widespread use long enough us to see dramatic adverse effects," s Cindy Pearson, program director of National Women's Health Network, an a vocacy group in Washington, D.C.

On the other hand, some women are fearful of the disease that they welcome idea. "Women will be fully informed and have a choice about whether to participat says Leslie Ford. "The result could be reasonable option for women at risk."

The study will be administered at seve centers around the U.S.; subjects are be chosen now. You must be over sixty or de onstrate increased risk based on the crite listed with the chart on page 68. If you interested, call the NCI at 800-4-CANC You will be given extensive counse before being allowed to participate.



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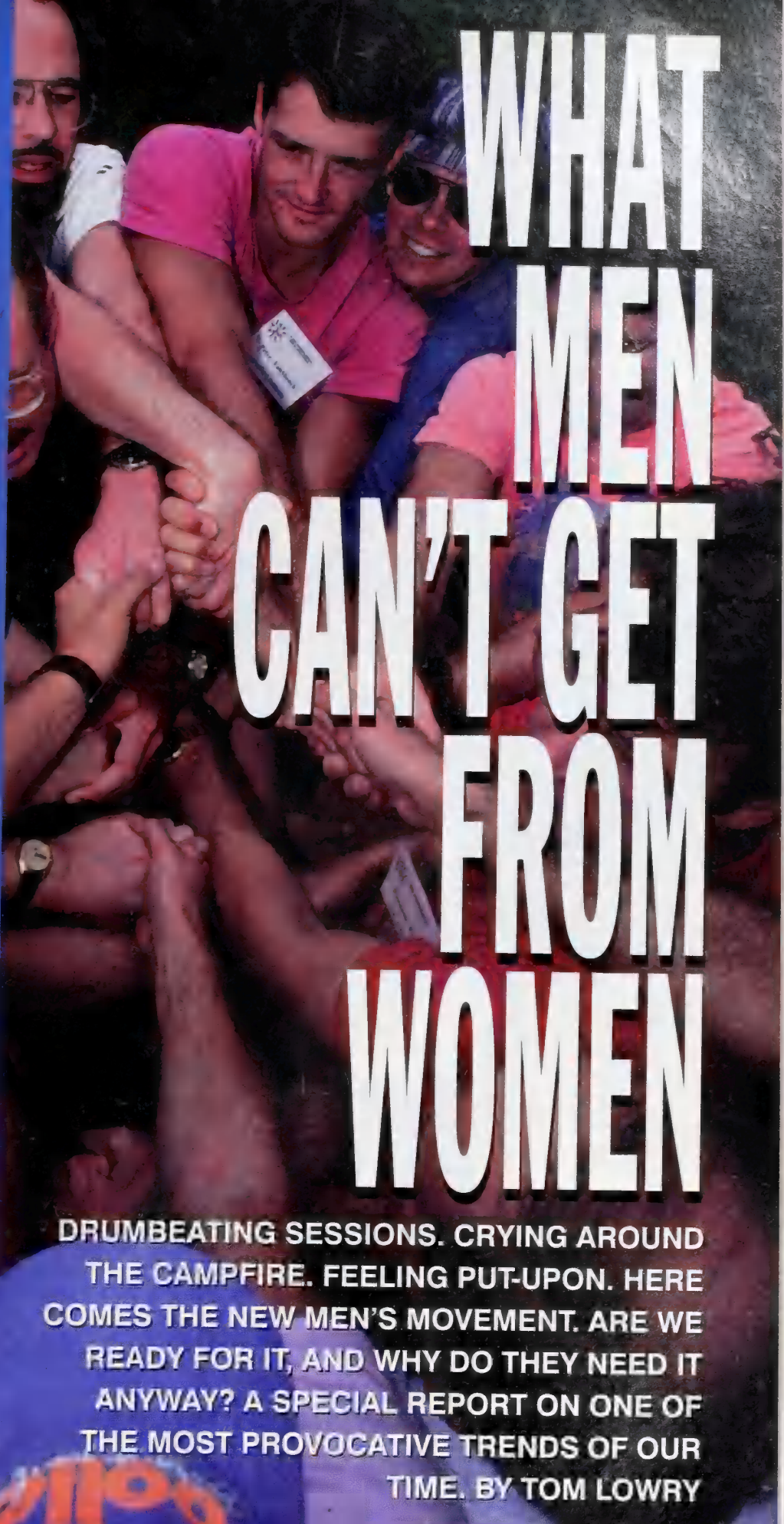
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WHAT MEN CAN'T GET FROM WOMEN

LADIES' HOME JOURNAL

JANUARY 1992

DRUMBEATING SESSIONS. CRYING AROUND THE CAMPFIRE. FEELING PUT-UPON. HERE COMES THE NEW MEN'S MOVEMENT. ARE WE READY FOR IT, AND WHY DO THEY NEED IT ANYWAY? A SPECIAL REPORT ON ONE OF THE MOST PROVOCATIVE TRENDS OF OUR TIME. BY TOM LOWRY

All photos, Steven Pumphrey.

"A man can't get deep masculine pride when he's with a woman. A man gets it sweating, screaming and drumming."



Different drummers: Participants in the First International Men's Conference, in Austin, Texas, try to get in touch with their primal selves

Twice a month, Dick Halloran, a district magistrate in Detroit, casts aside his robe, dons his blue jeans and heads off to hang out with the guys. Unlike generations of escaping males before him, however, Halloran, forty-three and the father of two daughters, isn't bonding over a few rounds of golf. Instead, he and nine of his friends get together to beat on drums, chant, talk about their emotions—and even cry on one another's shoulders.

"For me, it's been spiritual," Halloran says, asserting that his wife, Bonnie, an anthropologist, also gains from his experience. "What you are doing is learning more about yourself so you can love better."

Welcome to the men's movement—a small-but-growing brigade of males in their thirties and forties who seek to fill the emptiness they see in their lives by turning to each other for support. Every weekend, groups gather in communities across the country, from Rogue Valley, Oregon, to New York City, to West Gardiner, Maine. Many of the meetings are small-scale, like Halloran's. Others are larger outdoor convocations that can cost from $200 to $1,500. Organizers claim the most popular events can draw up to two hundred attendees, with hundreds more waiting for the chance to doff their suits, daub their faces with paint, crawl into a "sweat lodge" full of hot rocks and dance through the woods in imitation of Native American rituals.

"A man can't get deep masculine pride from a woman alone," says Marvin Allen, director of the Texas Men's Institute, in San Antonio, which recently drew seven hundred participants to the First International Men's Conference, in Austin. Allen continues: "He gets his masculinity validated by being who he is with other men, by having them respect him and honor him for his feelings and ideas . . . . Sweating, yelling, sobbing and drumming [also] help him get it."

Not all the meetings are quite that frenetic, to be sure. At one drumming session I attended in New York, men spoke quietly, but with great emotion, about the lack of connection among themselves, their fathers, brothers and spouses—the same things, in fact, that women have been talking over with their friends for centuries.

Still, the discussion was not without its odd moments. "I want to be a giant to my wife," one said solemnly. The others nodded. "Ho," they said in unison, using a Native American term that the men's movement employs as a sign of affirmation.

If this sounds too bizarre to involve the nice, sensible guys you know, consider how the men's movement has seeped into popular culture. A book by the movement's leading guru—Robert Bly's *Iron John*—bestrode the best-seller list throughout 1991. The only new top-ten sitcom of the fall season, *Home Improvement*, stars Tim Allen as a hapless handyman on a "quest for maleness," with a neighbor who spouts movement slogans while barbecuing squirrel in his suburban backyard. Similar storylines have figured on *Major Dad*, *Cheers*, *Murphy Brown* and *Coach*. And even Ann Landers, that barometer of mainstream America, reports that she's now getting a thousand letters per week relating to the subject.

Why are all these men saying and doing these extraordinary things? What do they really *want*? And how can any group feel powerless when it controls the institutions of power in this country?

The answers to these questions are almost as varied as men themselves. There's a common thread, however: the need for a new definition of masculinity to suit the nineties. As was so dramatically demonstrated during the Senate confirmation hearings for Supreme Court Justice Clarence Thomas, both sexes feel threatened these days and badly confused about how to behave.

"We've struggled with identities and relationships for the past twenty years," says Judith Langer, whose market-research firm tracks lifestyle trends. Though neither men nor women want indistinguishable "unisex" roles, she says, "I don't think men are satisfied with the old-fashioned macho stuff either."

This need for a new kind of masculinity finds its strongest voice in Bly, who preaches that today's man, having grown up with a distant, workaholic father, must find the wild, free spirit within himself. The "soft" male of the seventies—epitomized by Alan Alda or Phil Donahue—won't do any longer, but neither will the raging Rambo model of the eighties.

Far from being intimidated by this, women should see that they have much to gain, Bly argues. "Women have become disappointed in men," he says. "They see them as . . . deficient in really living in the relationship."

Many men-on-the-street seem to agree. "Women say they want you to be sensitive, but they still want you to be strong," complains Willis Reeves, thirty-seven, a special agent with the Immigration and Naturalization Service in Houston. "They don't want a wimp. How can you be sensitive and macho at the same time? We haven't figured out how to make that happen. That's why we need a movement."

Male discontent has other timely sources, too. The recession has made many

(continued)

Says one critic, "How will barking animal



The seven hundred men who attended the Austin Conference went to workshops like "Fathering the Boy Within," "The Smothering Mother" and "Creation Dance: A Mythic Journey"

(continued) question their obsession with work; if I define myself only through my job, they ask, who am I when I lose it? "Men began to see success as not all that it was cracked up to be," says Ed Poliandro, forty-two, a New York psychotherapist who periodically leads a men's group. Many of those discontented men are baby boomers who are now hitting middle age—and as usual, what bothers the boomers reverberates throughout society. Or as Sidney Siller, founder of the National Organization for Men, puts it, "There's a lot of angst out there."

There's a lot of hankering for the olden days, too, at least as we imagine them. Just as some women dream about jam-making and quilting like Great-Grandma, some men want to be out there hunting buffalo like Kevin Costner.

Bly, sixty-four, who won the National Book Award for poetry in 1968, doesn't deny the mythological element of the movement he started: In fact, his prose best-seller, *Iron John*, is named after a hairy fairy-tale character.

Himself the father of five, Bly declares that men need the mentors of maleness they had in preindustrial times, when fathers taught their sons their trade. To try to foster that kind of togetherness, he began holding "gatherings of men" ten years ago in northern California and New Mexico. But it took a Bill Moyers documentary about him, aired on PBS in 1990, to make him a household name; since then, his book has sold more than five hundred thousand copies, and he now commands several thousand dollars for a single appearance at a weekend gathering.

Every man doesn't buy Bly's message, to be sure. The movement remains heavily white, white-collar, and middle-class, as even adherents admit. And Native Americans have a few problems with the movement's appropriation of their symbols.

Feminists are troubled as well by many aspects of this movement, not least the argument that it's patterned after their own. "I really resent analogies of it to the women's movement," says pioneering feminist and author Betty Friedan. "The men's movement is preaching a definition of masculinity based on dominance in false caveman's clothes."

Bly shrugs off such criticism. "If people don't get angry at what you're saying, you're not saying anything. Betty Friedan seems very threatened by the whole thing, partly because it doesn't fit any of the old feminist categories."

Yet he also allows that the women's movement has "been wonderful in looking at the truth of the pain women have been in for a long time. Society tells men, 'I don't think it's right to express pain.' All the truth-telling is to the good."

But *are* these men really telling—and facing—the truth? Some critics contend that they're actually reverting to adolescence, and refusing to deal with problems of family and intimacy. By emphasizing their distance from women, these critics say, the men's movement is polarizing the sexes even further. "They're taking unreal postures of adolescence and making them tolerable," says William Simon, a sociology professor at the University of Houston. "The movement is robbing us of an opportunity to bring men and women closer together."

"Bly's route is wrong," adds Michael Kimmel, a sociology professor at the State University of New York at Stony Brook, and spokesperson for the National Organization for Men Against Sexism. "I believe the men's feelings are real, but it's dishonest to say it has nothing to do with feminism and that the separation is not in some way running away from women. How will going off in the woods, ripping off my shirt and barking animal noises make me a more caring lover? How will it make me a better father?"

noises make me a more caring lover?"

Experts aren't the only ones who take this view. Willis Reeves, while willing to admit that men should get in touch with their feelings, isn't quite ready for all-out primitivism. "Stripping naked and getting into a sauna?" he says doubtfully. "I have problems with that."

Bob Stem, a high school football coach from Easton, Pennsylvania, has an even more basic dispute: He believes that men would do better to devote less time to crying over their relationships with their fathers—and more to being with their *own* kids. "It's a cop-out," he says curtly. "People don't spend enough time with their kids."

Most serious, however, is the criticism that the men's movement, by focusing on raw emotion and power, may indirectly contribute to the current wave of violence against women.

Says Susan Faludi, author of *Backlash: The Undeclared War Against American Women* (Crown, 1991), "The men's movement is not to blame for the rise in sexual violence. But it's certainly running on a parallel track with other manifestations of men's rage over what is perceived as women's growing power."

Defenders say the movement can offer a legitimate, healthy outlet for those emotions. "The whole violence issue is one that the men leading retreats need to take on," says Forrest Craver, a leader of men's retreats from Washington, D.C. And even Eleanor Smeal, president of the Feminist Majority Foundation, says cautiously, "I hope the men's movement would lead to a society that would put down male violence."

Many plead for the movement to be given time, noting that a certain amount of overkill is almost inevitable in any kind of risk-taking—even, perhaps, in the early days of consciousness-raising among women.

Says Chris Harding, editor of a movement magazine called *Wingspan: Journal of the Male Spirit*, "Women need to be patient with men involved in the movement. It's like a man supporting a woman in her career or pursuing a degree."

There are signs that women are willing to exhibit that patience, at least for the time being. According to Bly's editor, William Patrick, they now constitute a substantial percentage of the book's purchasers. In any case, after having complained for so long that men never talk about their emotions, some women wonder whether they dare rebuff them now. Consider the words of history professor John Guarnaschelli, fifty-one, who's been married for twenty-six years and organizes meetings in New York. "I didn't realize I had feelings besides love and sex feelings," he says. "I've learned to be more intimate with myself, and as a result, I've been more intimate with my wife."

Or listen to Bonnie, Dick Halloran's wife of nineteen years, who says she wasn't crazy about his meetings with the boys in the beginning but has come to appreciate them. "He's a happier, fuller person and brings strength to our relationship." She pauses. "The drumming is something I wouldn't do, but why should I deny someone an experience they find meaningful?"

As they say around the campfire, "Ho." ■

Tom Lowry, a free-lance writer based in New York, swears he has never touched a drum in his life.





Typical pastimes at men's gatherings include exercises like "team problem-solving" (left) that build cooperation and trust among strangers. Below: A group of men bravely do what most guys wouldn't be caught dead at—they hug each other



BETTE ON BETTE

SASSY, SEXY AND SURPRISINGLY SENSIBLE: AN INTIMATE INTERVIEW WITH THE DIVINE MISS M.

BY MYRNA BLYTH

Bette Midler would be the ideal girlfriend next door—if you lived in a pretty wild neighborhood. She's warm, smart and fun. And her fans seem to know this. "I lo-o-ove Bette Midler. I always rent one of her videos when I need cheering up," a woman told me when I mentioned that I was going to interview "The Divine Miss M." Another declared that Midler was the only star she'd ever want to meet because she was sure Bette would be both irreverent and easy to talk to.

They've got it almost exactly right. Midler comes to our interview wearing what you might when hanging around with an old pal—a comfy pair of wren-brown leggings and a brown velour top. She doesn't bother with makeup, keeps her horn-rims on and doesn't seem to care that about an inch of brown roots shows in her curly blond hair. While she sips mineral water and noshes on french fries, she jokes and hoots and relaxes after a while into no-holds-barred girl talk. Why, she'll even tell you, "I never fake orgasm. Ne-ver. Never had to."

Still, you don't quite forget that however down-to-earth she may be, she's also a superstar. Every so often, with a perfectly timed wisecrack and a guffaw, her larger-than-life personality bursts through. And when she dishes about friends and enemies and those in between, it is the likes of Woody Allen, Barbra Streisand and Geraldo Rivera she's talking about, after all.

Now, *Woody* she absolutely loves.

"It was the most fun I ever had in my life," she says about co-starring with Allen in last year's *Scenes from a Mall*. Although the film was a box-office flop, Midler says she doesn't regret making it. "During filming, I'd get up every day and say, 'I'm going to see Woody,' and I'd jump into makeup and run out there and wait to hear what he was going to say next. He was really magical to work with."

About *Barbra* she is considerably more restrained. Both Barbra and Bette had important movies, movies critical to their careers, come out recently. Bette stars in *For the Boys*, which was released at Thanksgiving, in which she plays a USO *(continued on page 128)*



Photos, Greg Gorman. Hair, Peter Savic for Cloutier, L.A; makeup, George Newell; stylists, Calvin Haugen and Ellen Litzinger; clothing, Salvatore Ferragamo; earrings, Michael Dawkins.

CRIME



THE PROSECUTION CLAIMED HARRIS (ABOVE, IN 1980) KILLED HERMAN TARNOWER, OVER HIS AFFAIR WITH HIS ASSISTANT, LYNNE TRYFOROS (RIGHT)

MARKING TIME

LETTERS FROM JEAN HARRIS TO SHANA ALEXANDER

Ten years ago, she was convicted of murdering her diet-doctor lover. Now, one of America's most notorious prisoners depicts the dreams and despair of her decade behind bars

Jean Harris, once the headmistress of the exclusive Madeira School for girls, has been in prison for over ten years. In 1981, she was sentenced to fifteen years to life for the murder of her lover, Herman Tarnower, the author of *The Complete Scarsdale Medical Diet.* Harris, now sixty-eight, has suffered at least two heart attacks during her confinement in the Bedford Hills Correctional Facility, in New York. Her repeated appeals for clemency have been denied, though her judge has spoken out publicly for her release.

During her time in jail, Mrs. Harris has worked in the children's center and has run parenting classes for Bedford Hills inmate mothers. In this exclusive excerpt from her new book of letters to her friend, writer Shana Alexander, she details the daily humiliations and small triumphs of her existence.

January 10

A letter arrived from the Clemency Bureau today: "After a careful review of your case it has been determined that there is insufficient basis to warrant the exercise of the Governor's clemency powers . . . ."

It will be another year before I can ask again, and another year of waiting before I receive an answer. In case you might forget, you are always turned down on Christmas Eve or New Year's Eve. Jolly good idea, eh?

My son, David, who had come for a visit, had left only moments before I was called down. He heard the news on his car radio and was devastated. Poor guy, he was so hopeful. When your judge, jury foreman, world-respected pathologists and criminologists and thousands of private citizens plead in your behalf, one dares to hope. But there is no hope.

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March 6

David came today to tell me that my sister, Mary Margaret, has had a heart attack and is in intensive care. Poor David. My son always has to be the messenger who brings the bad news. He told me mother had died.

There's something so unreal about sitting in a prison visiting room and hearing all this. I don't feel all that I would feel outside. I won't really know they're all gone until I go out and they aren't there.

March 20

Today was a lovely day in class, thanks to a young teacher in an inner-city school.

I always urge each new group of mothers to find out the name of their child's teacher and write to him or her. "Be honest with them about where you are, but most important, let them know how much you care." Today Melba came to class clinging proudly to the response she had just received from her daughter's teacher.

The letter said how much he appreciated her letter, that her daughter was such a nice little girl and doing quite well with a little extra help in reading, and how he had told her what a fine letter her mother had written. As she read it aloud, the other mothers listened with rapt attention and a little envy. Two said, "I'm gonna mail my letter, too." That young teacher is an educational treasure and joins the ranks of life's small heroes.

April 14

I have heard about and read about brainwashing for years, but I have never met such a flagrant example of it. Mae is one of the women in my Red Cross Parenting Course. She is pregnant with her fourteenth child. She has twelve sons and one daughter. She is thirty-eight years old. I suggested gently that a woman today does not have to have fourteen children. She quickly countered with "I don't believe in them abortions." The other women assured her abortion is not a woman's only option.

"Fourteen ain't so many. I was one of twenty-two. And I started early," she said. "Had my first baby when I was ten, by the man who raped me."

"Your father permitted you at the age of ten to have the baby?" I asked her.

"Oh, it was all right," she said. "We got married. Been married ever since."

(continued)



HARRIS BEFORE HER ARRAIGNMENT (LEFT); THE BEDFORD HILLS CORRECTIONAL FACILITY (RIGHT)

(continued)

"Your parents permitted you at the age of ten to marry a man who raped you?"

"It was all my fault, Jean. I done it. I was a real sexy kid at ten. I was askin' for it. It was all my fault."

Mae raised her children in South Carolina while working in the same factory for fifteen years. Her one run for freedom was a year ago when she took off for a weekend with a woman friend from New York City and was quickly caught up in a crack raid at her friend's house. She has a one- to three-year sentence. It may well prove to be the best rest she's had in twenty years.

May 22

I was the last one out of the visiting room today, and by the time I had been strip-searched, it was almost four o'clock, which meant sitting for maybe an hour with absolutely nothing to do before they could escort me back.

Suddenly a Captain walked by and said, "No reason for you to sit there. I'll take you back." It isn't a Captain's job to escort prisoners, so I thanked her profusely, and we started up the hill. We made an incongruous couple, two old ladies whose paths never would have crossed if the world hadn't come to an end for one of them—two old ladies who happen cordially to dislike one another.

We had only taken a few steps when the Captain started to sing, "What a day this has been, what a rare mood I'm in, why it's almost like being in love." At "There's a smile on my face for the whole human race," I joined her in song. We could have been holding a milk pail between us like Jack and Jill. As I think of it I start to laugh.

June 15

Today was graduation day at Bedford Hills, unquestionably the nicest day of the year here, because the accent is on accomplishments, not mistakes. The women look pretty and proud, and their families come to cheer them on.

Judy Clark, who was valedictorian, gave a short speech. She said: "We have women who came into this prison as young teens who now share their experience with young women just coming into the system. We have women who are getting ready to take their diplomas and leave this institution, to begin new lives, and there are those who are clamoring to continue their education at Bedford . . ." Then she quoted a poem by Langston Hughes about holding fast to our dreams, because without them, life is incomplete, like a bird that cannot fly. She ended her talk with a hopeful "We have taken up our wings. And we have begun to fly."

June 25

Maria's son, Lenny, was just married to Ann, a pretty, young schoolteacher. Maria, of course, couldn't be at the wedding, and it has been hurting her for months. Her sons adore her, and the feeling is mutual.

Yesterday, her sons and the bride and groom came to visit her in one of the prison trailers. The bride and groom dressed in their wedding finery, and many pictures were taken with Maria.

Maria had asked for her son to bring in a dress she could wear for the pictures. Absolutely not allowed! But we wanted her to look like the mother of the groom, if only for the pictures, so she ended up wearing a light-pink silk robe that my brother sent me from the Far East, arranged as a long skirt, a friend's fancy blouse and a string of opera-length "pearls." I haven't seen the pictures yet, but Maria seemed happy with the total effect.

The pictures are very important. Maria's eighty-six-year-old mother, who lives in Italy, does not know that she is in prison, with a sentence of twenty-five to life, and Maria wants her to die in peace. So do I.

October 3

I felt rotten last night and had them lock me in at eight-fifteen so I could go to bed. At midnight I was awakened by someone banging on my metal door, then opening it. It was a CO [corrections officer] announcing, "I gotta lock here for your lock box. You gotta sign for it."

"I already have two locks, and I never use them."

"You gotta take it, and you gotta sign for it—four different places."

"I don't want it, and I won't use it."

"Doesn't matter. You gotta take it."

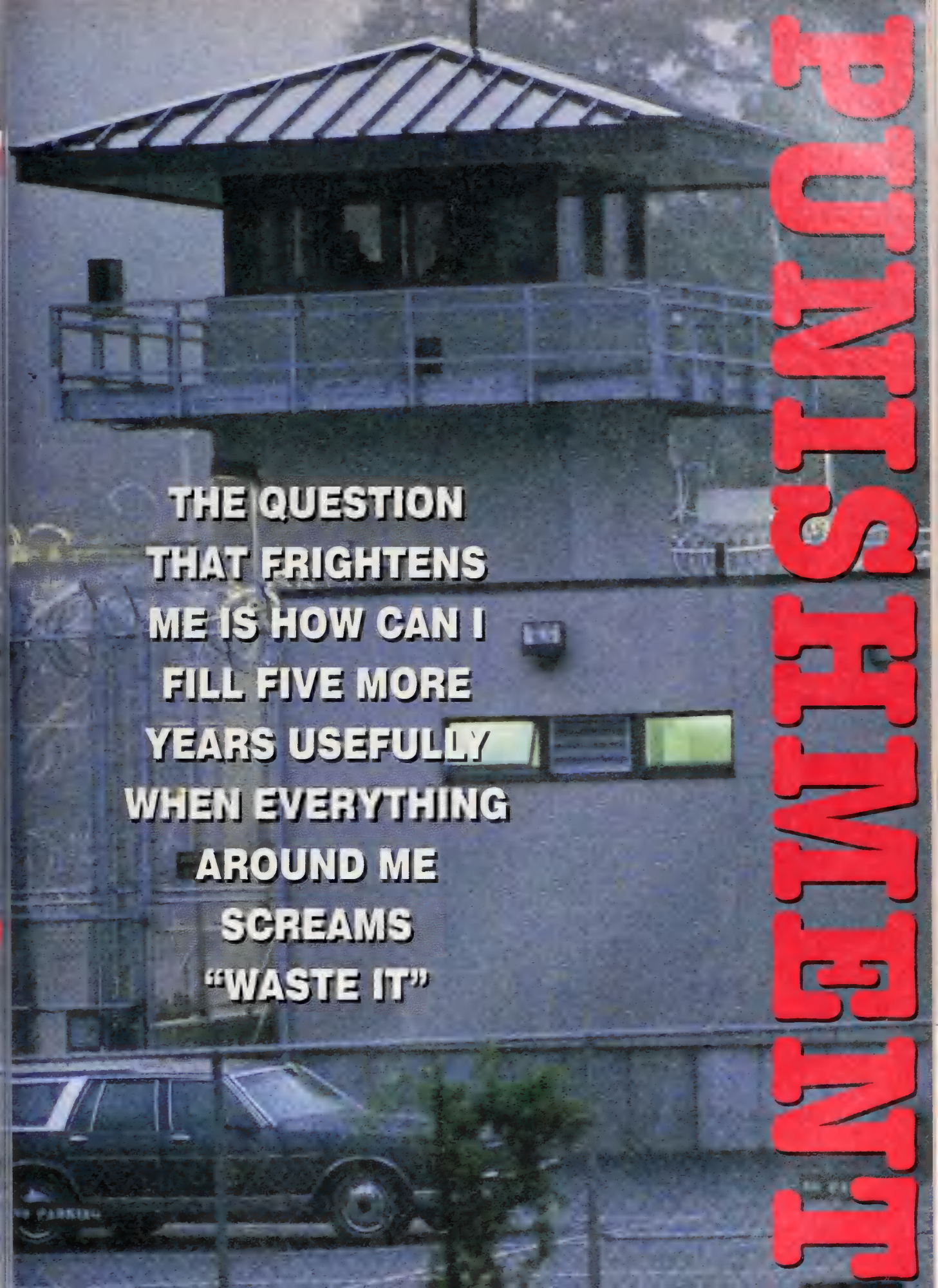
I got up, signed in all four places, took the lock and climbed back into bed. The CO went on down the corridor, waking fifty-nine other women in the process. It was close to three when everyone finally had been given a lock. We haven't enough soap, we haven't any cleanser, we don't have any rags to clean with, but by God we all have locks.

January 11

By now you know that New Year's Eve has rolled around again, and with it the Governor's third denial of clemency, for me or anyone else. Not one human being out of fifty-five thousand worthy of compassion this year.

The question that frightens me is how can I fill five more years intelligently and usefully when everything around me screams "Waste it. That's what it's for. The years are to waste." I shall do a great deal of knitting—unless they take the yarn away. Perhaps I'll redecorate my cage with a new set of sheets. Perhaps I'll think deep thoughts. My reading file now includes two new books and a box of articles. If I don't make the whole five years, they will find me curled in a fetal position, clutching my precious reading file.

Love and happy New Year, Jean.


PUT ME TO THE TEST
THE QUESTION
THAT FRIGHTENS
ME IS HOW CAN I
FILL FIVE MORE
YEARS USEFULLY
WHEN EVERYTHING
AROUND ME
SCREAMS
"WASTE IT"

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BETH, BEN AND FRED LOVE THE HILLY COUNTRYSIDE OF UPSTATE NEW YORK. BETH KEPT THE LOOK RUSTIC INSIDE THE HOUSE, TOO

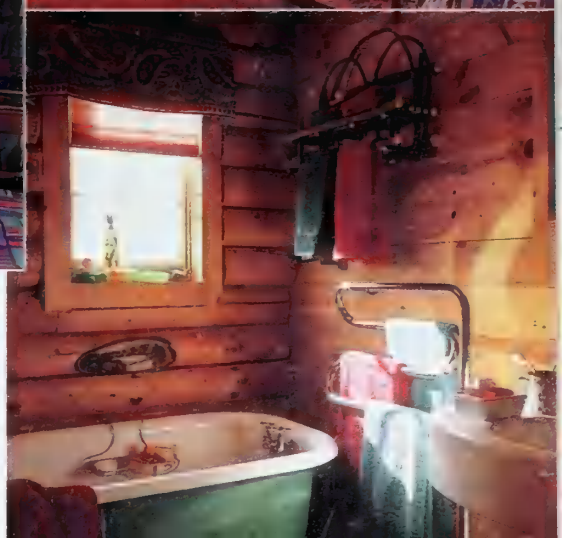


When Beth Phelps, thirty-eight, a free-lance photographer in New York City, and her husband, Fred, forty-four, a set builder, decided to look for a weekend house in the country, their hearts weren't exactly set on a log cabin—too dark and dreary, thought Beth. But when they stumbled upon this one, tucked away at the end of a dirt road on the slope of a mountain, they fell in love. "It wasn't a typical log house," says Beth. "It had lofty ceilings, large rooms and a sense of airiness about it that most log houses don't have."

Now the couple, with their three-year-old son, Ben, are settling in for the long winter ahead. The kitchen, where they like to gather around the wood-burning stove, is chock-full of homey touches, from the iron kettle to the pair of rosemary topiaries that fill the house with a wonderful scent. Hot spots of color—a copper pitcher, bright-red antique glasses and a chili-pepper wreath—are scattered throughout. In the living room, sink-into armchairs invite long evenings in front of a crackling fire. A rustic log table, a twig table and an oversize twig rocker keep the look natural. On one of the large log beams sits an assortment of birds' nests the family collected during their frequent walks in the woods. Throughout the house, plush copper carpeting of stain-resistant Wellman polyester is cozy and kid-proof. The warming trend extends even into the bathroom, where a heated towel rack makes stepping out of a steamy tub a little easier.







Photos, Beth Galton. Prop stylist, Charles Riley. Kitchen: tablecloth and curtains, fabric by Lanscot-Arlen of MicroSpun/cotton; chrome faucet, Kohler; shades, Joanna Symphony; flowers, wreath, topiary trees, Calyx & Corolla; light fixtures, Rejuvenation Lamps, Portland, OR. Living room: all chair, cushion and curtain fabric, Lanscot-Arlen of MicroSpun/cotton; carpet throughout, Copper Mist by Philadelphia Carpets for Shaw Industries of Wellman polyester; flowers, potpourri, Calyx & Corolla. Master bedroom: sheets, pillowcases, shams and curtains, Faïence by Cameo of Fortrel/cotton; shades, Joanna Symphony; petite rosebushes, Calyx & Corolla. Second bedroom: sheets, pillowcase, curtains, Frivolo by Benetton for Dan River of Fortrel/cotton. Bathroom: curtains, Faïence by Cameo of Fortrel/cotton; shades, Joanna Symphony. Details, page 126.

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THE TWO FACES OF

ONE IS NATURAL, GOLDEN; THE OTHER IS GLAMOROUS, SEXY. THEY'RE THE MOST-WANTED LOOKS NOW. WE ASKED STAR MAKEUP ARTIST BOBBI BROWN HOW TO PUT YOUR BEST FACE FORWARD.

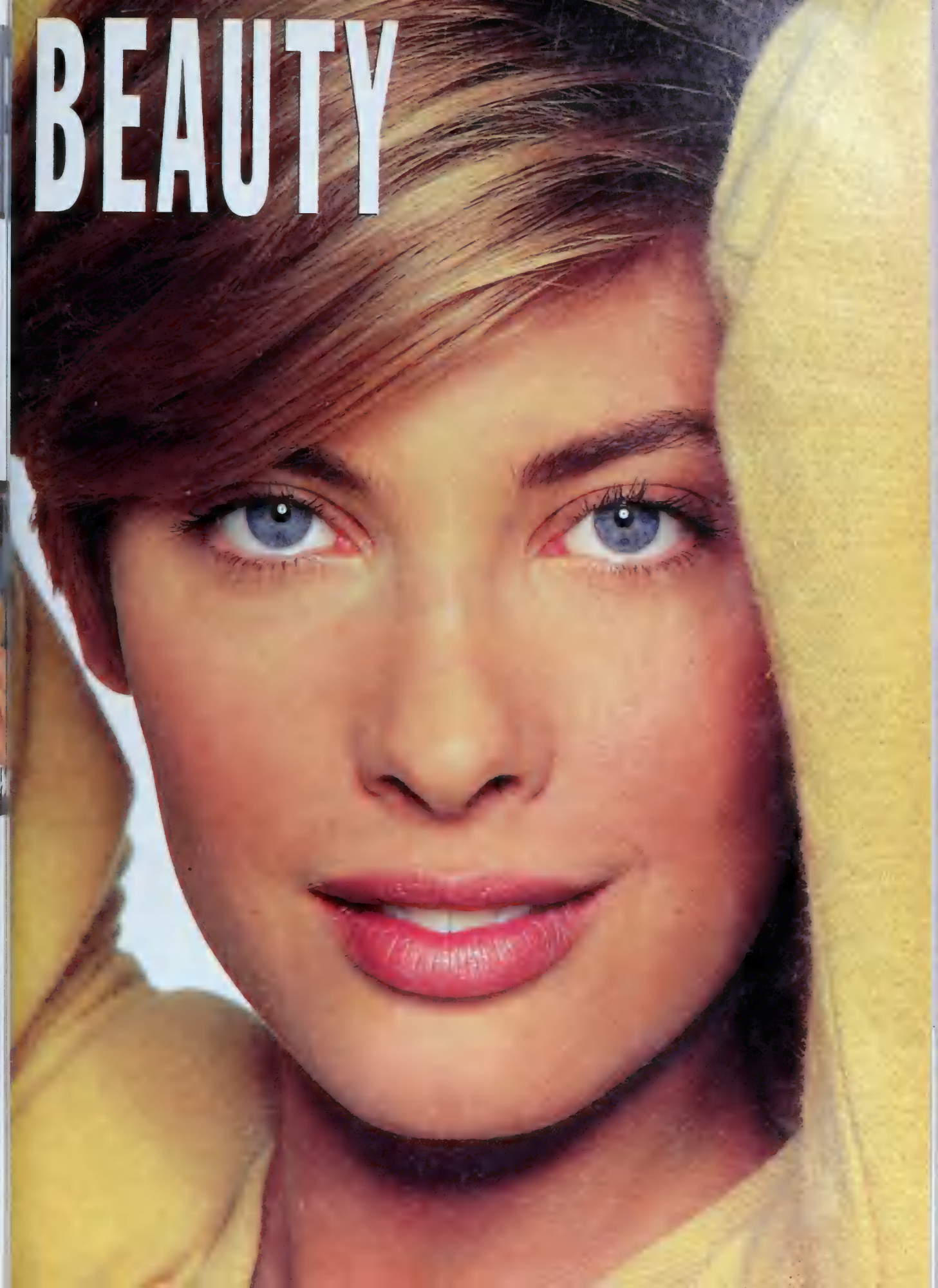
BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR



Warming up to a natural look takes more than an earthy palette. Perfecting your skin tone is crucial. Begin with a *yellow-based* foundation that matches your skin exactly. Smooth all over face, then apply a second foundation that's two shades *warmer* on cheeks, forehead, nose and chin. Blend with a sponge. Next, apply two face powders for a velvety *glow*—yellow-toned all over and orange-toned for cheeks, forehead, nose and chin (and neck, if it's bare). Buff with a complexion brush. Now add a *rosy blush* to cheek apples and fill in brows with a powder shadow. Eyes come out of hiding with camel on the lid, banana on the browbone—*neutrals* that work for everyone. Finish with brown-berry, brick or caramel lips—a color one shade deeper than your own lips. "The bonus of the *natural* face," says Bobbi, "is you look polished, but still like yourself."



BEAUTY

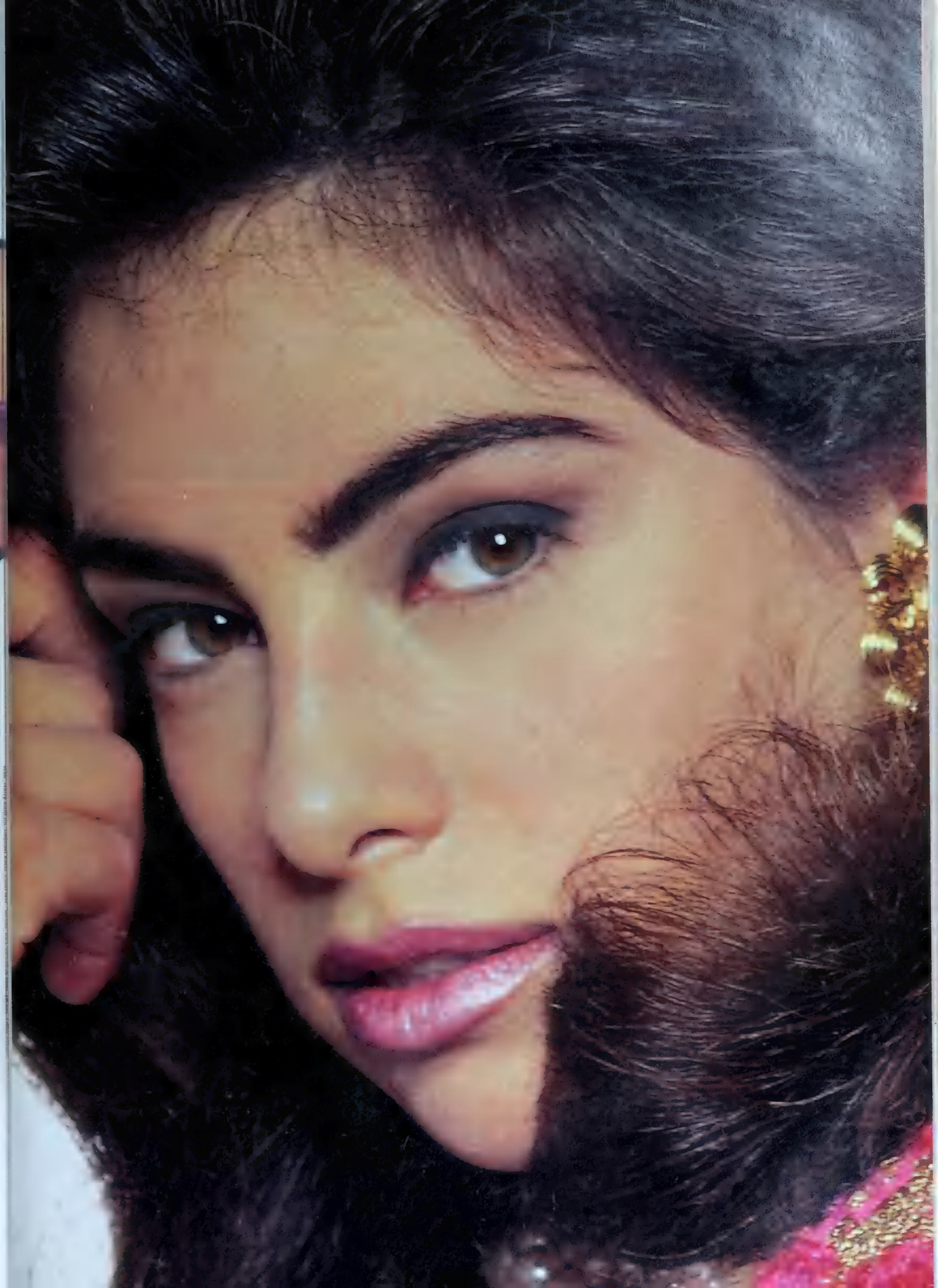


THE SOPHISTICATED FACE TAKES ITS CUE FROM HAUTE COUTURE RUNWAYS BUT GETS TONED DOWN FOR REAL-LIFE GLAMOUR



For women who love a more made-up look, here are the new elements of ladylike style. To start, a skin-matching *matte* foundation and medium-tone beigy powder. Next, *exaggerate brows* (do this first to shape the face) for a bolder shape with a brush-on brow powder. Contouring the eyes is the news. Make eyes stand out by emphasizing the *crease* with a deep brown or gray shadow: Line with a small brush, *blend* to soften. Highlight lid with bone shadow, browbone with matte white. Curl lashes and add *lots of mascara* (top lashes only!). Now line eyes with a matte shadow or liner in dark brown or charcoal, working from the outer corner in. Begin line a bit past eye and up, but don't draw a wing. You can widen line at outer corner if you like. For a more dramatic look add a few false lashes at outer corners. Cheeks stay matte and in the background with just a *hint of tint*, one or two shades up from skin tone. Toned-down lips beautifully balance the strong eye. Beigy pink *frost* is ideal, crisply defined with pencil one shade deeper. "The pale mouth and barely-there blush keep this face from looking too done," says Bobbi. P.S. For this look, hair gets equal status. For great *body and volume*, set top only on large Velcro rollers, brush from roots. A fine mist of pump hairspray adds fullness. Turn the page for makeup musts.





BOBBI BROWN SAYS 90 PERCENT OF WOMEN HAVE YELLOW-TONED COMPLEXIONS, THE TYPE YOU NEED FOR OUR NATURAL LOOK. CHOOSE LIGHT, MEDIUM OR DARK ACCORDING TO YOUR COLORING



foundation

LIGHT — Maybelline Finish Matte Water-base Liquid Makeup in Soft Ivory

MEDIUM — Cover Girl Extremely Gentle Make-Up in Natural Beige

DARK — Revlon Springwater Makeup in Sun

powder

From left: Bobbi Brown Essentials Face Powder in Pale Yellow, Prescriptives Custom Blended Powder, Chanel Perfecting Powder in Daylight

blush

LIGHT — L'Oréal Microblush in Pink Delicat

MEDIUM — Clinique Beyond Blusher in Pink Plush

DARK — L'Oréal Visuelle Powder Blush in Rosé

shadow

Cover Girl Pro-Colors Single Kit Shadows in Buttercreme

Avon Silk Finish Eyeshadow Single in Golden Buttercup

Maybelline Blooming Colors Eye Shadow in Earthly Taupe

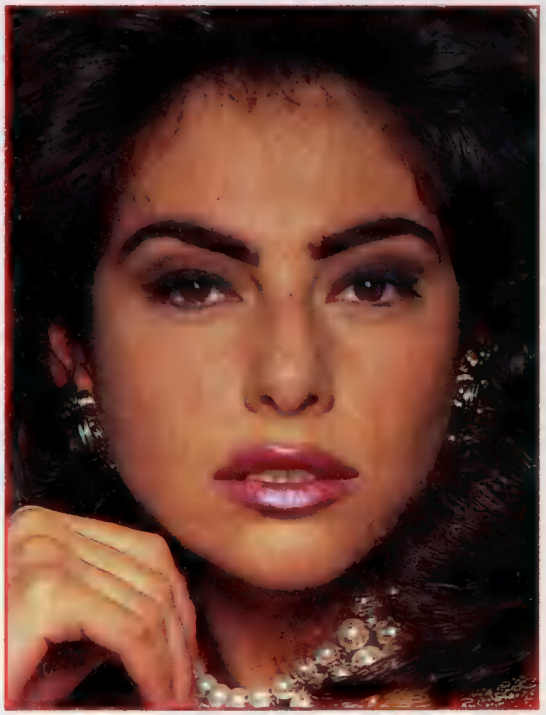
lips

LIGHT — L'Oréal Colour Supreme Lipstick in Pale Adobe

MEDIUM — Revlon Super Lustrous Lipstick in Naturally Nude

DARK — Ultima II Matte+ Lipchrome in Network

THE SOPHISTICATED FACE WORKS FOR BOTH YELLOW- AND PINK-TONED COMPLEXIONS, AND YOU DON'T HAVE TO BE A BRUNET TO PULL IT OFF. BELOW, OUR TOP-PICK PRODUCTS



matte foundation

Lancôme Maqui-Éclat Natural Finish Treatment Foundation in Beige Sand

L'Oréal Hydra Perfecte Protective Hydrating Makeup in Sand Beige

Prescriptives Soft Matte Makeup in Tawny Peach

eyebrows

LIGHT — Maybelline Ultra Brow Brush-on Brow Color in Light Brown

DARK — Maybelline Ultra Brow Brush-on Brow Color in Dark Brown

liner

Almay Easy Eyes Self-Sharpening Pencil in Ebony, Cover Girl Pro-Lining Perfect Point Eye Pencil in Charcoal, Lancôme Le Khôl Poudre in Tabac

shadow

Cover Girl Pro-Colors Single Kit Shadows in Champagne

Maybelline Blooming Colors Eye Shadow in Champagne Brunch

Max Factor Visual Eyes Picture Perfect Shadow in Café Au Lait

Ultima II Matte+ Eyecolor in Micro (not shown)

blush

Cover Girl Classic Color Brush-On Blush in Natural Glow

lips

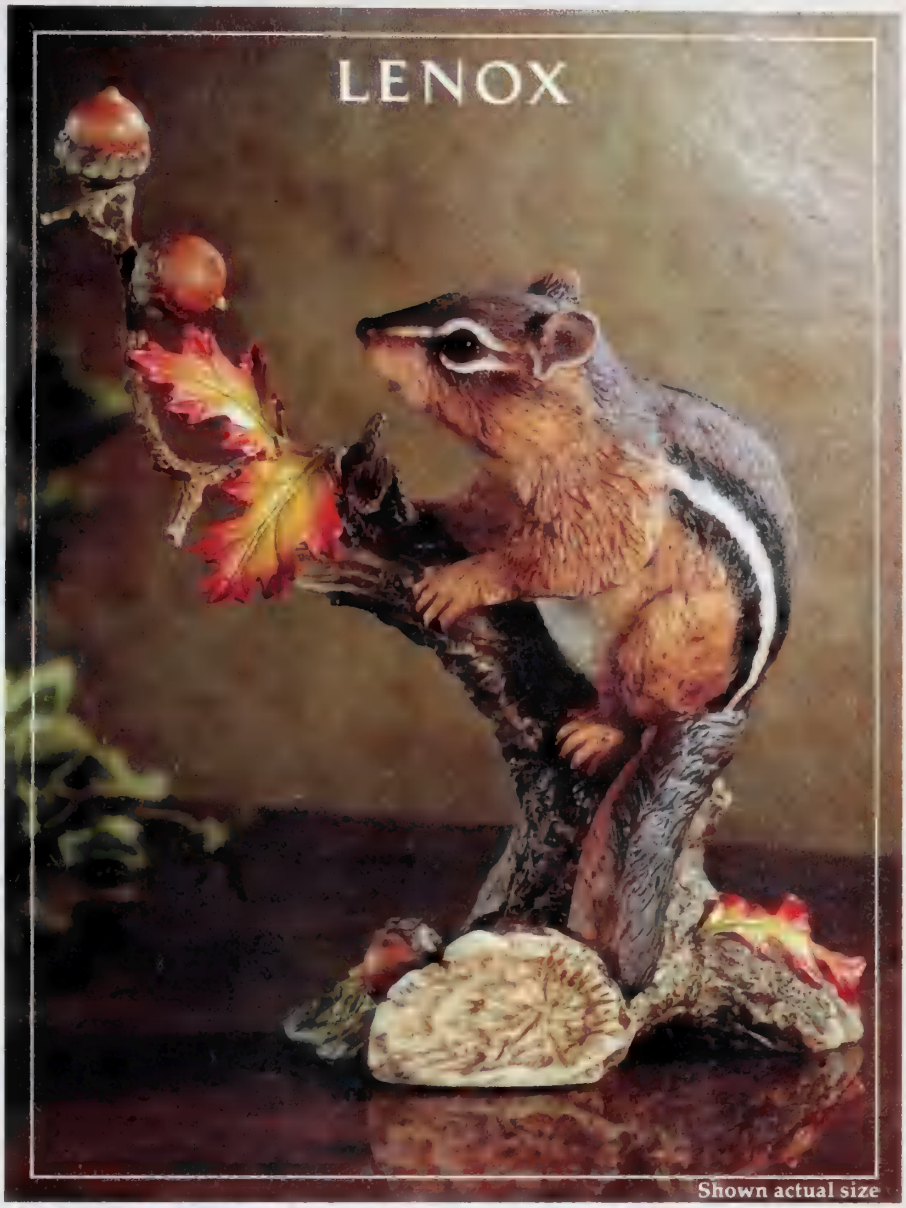
LIGHT — Avon Color Rich Lipstick in Frostiest Mauve

MEDIUM — Max Factor New Definition Frosted Matte LipColor in Magnetic Mauve

DARK — Revlon Velvet Touch Lipstick in Luminous Lilac

Richard Dilon

Let this spunky woodland favorite brighten your home



© Lenox, Inc. 1992

Handcrafted in fine porcelain, painted by hand in nature's hues.

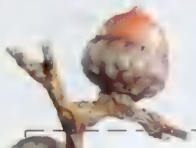
There's a snap of autumn in the air. And high in a stately red oak, there's a flurry of action, shaking the leaves. It's a frisky chipmunk, scurrying from branch to branch in search of winter food. Suddenly, he spots two perfect acorns. In a moment, he'll have them safely stored away.

Now, this delightful scene from nature has been recreated with such artistry, you'll almost hear the rustle of the fall leaves. *Autumn Adventure* is a fine porcelain sculpture from Lenox that is as endearing as the chipmunk himself.

The artists of Lenox have portrayed this woodland favorite with a wonderful sense of personality. He's totally intent upon getting his acorn. Look at the nimble paw grasping the branch—and the one that is poised, just ready to move. His ears are perked up, and his eyes are bright and expressive.

Careful, precise brushstrokes complete the illusion of life, portraying the rich brown markings that highlight his eyes and accent the white stripes along his back. The vivid hues of the leaves make a lovely contrast to the acorns' soft colors. And the little capped acorns have the smooth nut-brown look of life.

For added realism, artisans use hot-cast bronze with porcelain to create the slender stem where the acorns hang. The effect is just right—and just the extra touch you would expect from Lenox.



Autumn Adventure will add an enchanting view of nature wherever you display it. This imported work of art will bear the prized Lenox® trademark in 24 karat gold. Altogether a remarkable value for $45, payable in convenient installments.

Welcome this little chipmunk into your home. Return your reservation by January 31, 1992. 672279



Autumn Adventure

Please enter my reservation for *Autumn Adventure*, an original work of art from Lenox, to be crafted for me in fine porcelain and bronze.

I need send no money now. I will be billed in three monthly installments of $15* each, with the first installment due just before shipment.

*Plus $3.98 per sculpture for shipping, handling and insurance. Sales tax will be billed if applicable.

Please mail by January 31, 1992.

Name _____
PLEASE PRINT

Address _____

City _____

State _____ Zip _____
672279

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

L E N O X . S I N C E 1 8 8 9 .



STYLIST GWEN MARDER HITS FILENE'S BASEMENT FIRST AND DECIDES A GREAT SUIT IS THE WAY TO GO. THIS RED-AND-BLACK BLOCK SUIT IS A GOOD DEAL AT $69, BUT GWEN DECIDES IT WILL DATE TOO QUICKLY. THE GRAY SUIT'S TOO BOXY—SHE'LL PASS









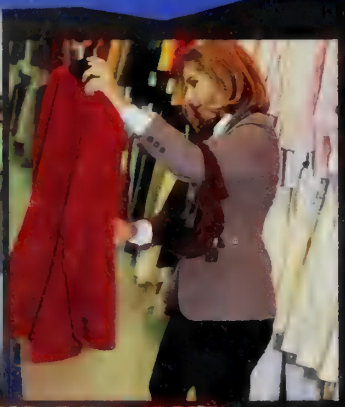
ON THE WAY OUT, GWEN SPOTS AN ORANGE-AND-BROWN PLAID WOOL JACKET FOR $99, AND PUTS IT ON HOLD WITH THE SUIT. AT SAKS, SHE CONSIDERS ANOTHER CHECKED SUIT, BUT IT'S A KNIT—MORE CASUAL, WON'T LAST AS LONG. GWEN HUNTS FOR ACCESSORIES TO SUIT THE FAVORITE SUIT



IT'S A BARGAIN

STYLIST NANCY WOLFSON LOVES THIS MEN'S TRENCH COAT AT SAKS, BUT AT $299.99, IT WOULD BLOW THE BUDGET. NANCY DECIDES A COUPLE OF GREAT BLAZERS WOULD BE A BETTER BUY











BACK AT THE RACKS, A TOP-DESIGNER ORANGE RAYON DRESS CATCHES NANCY'S EYE. IT'S YEAR-ROUND, DAY-TO-EVENING; SHE LOVES THE COLOR; IT'S A STEAL AT $49. SHE SETS OUT TO FIND SILVER SHOES, HOSE AND HUGE SILVER EARRINGS TO COMPLETE THE LOOK







GWEN LIKES THIS TAUPE SUIT UNTIL SHE SPIES A BLACK, WHITE AND YELLOW WOOL CHECK FOR $126 THAT'S A NO-FAIL STAPLE. MODEL ALISON TRIES IT ON, AND GWEN EXAMINES THE FIT. A TERRA-COTTA SUIT IS CHEAPER, BUT THE PIECES WON'T WORK AS SEPARATES









WE GAVE TWO SHOPPING PROS $300 EACH AND ONE DAY AT PHILADELPHIA'S FRANKLIN MILLS OUTLET MALL TO SCOUT OUT SMART BUYS. THEY UNEARTHED GREAT UPDATES AND REVEALED THEIR TRICKS FOR BUYING THE BEST FOR LESS



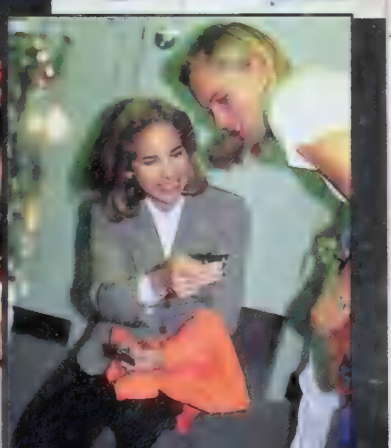


THE RED BLAZER WITH A BLACK COLLAR FOR $150 IS A GOOD BASIC, SAYS NANCY, BUT THE IVORY JACKET WITH GOLD TRIM FOR THE SAME PRICE IS MORE SPECIAL. MODEL PENNI SLIPS BOTH JACKETS ON OVER CREAM PANTS, WHICH ARE TOO SMALL. (WE FOUND A PERFECT PAIR OF CREAM STIRRUPS INSTEAD.) NANCY MAKES A QUICK DETOUR TO CHECK OUT A TABLE OF MEN'S SHIRTS









Photos, Richard Dillon; hair and makeup, Jennifer Lawrence for Louis Licari Color Group; models, Alison Houlte of Nume, Penni of Paulines. The concept for the Franklin Mills Mall was created by Western Development and Kan Am.



CHEAP CHIC HAS NEVER LOOKED BETTER. GWEN'S AND NANCY'S PURCHASES ARE LONG-TERM BASICS WITH RIGHT-NOW APPEAL. BEST OF ALL, THE PIECES WORK AS SEPARATES, GIVING MORE STYLE FOR THE MONEY



LEARN TO SHOP LIKE THE PROS







GWEN AND NANCY BOUGHT BASICS WITH VERSATILITY. GWEN'S PLAID BLAZER LOOKS SHARP OVER A SLIM SKIRT OR JEANS; HER SUIT TOP IS ALSO GREAT WITH LEGGINGS. THE TAN JACKET NANCY FOUND AT ANN TAYLOR GOES ANYWHERE. THE ORANGE DRESS IS JUST TERRIFIC OVER LEGGINGS OR OPAQUE HOSE

■ Before you go, take inventory of your closet. List basics you're missing, such as a slim navy skirt or a standout jacket.

■ Take a look at your past mistakes: what didn't work, what you never wear.

■ Browse department and specialty stores first to find out what's new in color, cut and accessories—then shop discount.

■ Go with a specific goal in mind. You'll waste time simply browsing for a bargain, especially in discount and outlet stores, where there are mountains of merchandise and most of it is on sale.

■ Great classic buys: black pleated trousers, a white cotton shirt, a slim, tailored skirt. Focus on neutral colors: Camel, navy and ivory look brand new again.

■ Best investment: a great jacket. Opt for single- or double-breasted, long (fingertip to mid-thigh), wider at the shoulder, tapered at the hip.

■ Must-have this year: stirrup pants. Less clingy than leggings, they're more flattering on most women. Look for cotton/Lycra blends, or heavier twills for colder days. For evenings out, go velvet.

■ Opt for medium-weight, seasonless items that you can layer, such as tees and pullovers, and year-round fabrics like silk, rayon and cotton to give you the most wear for your money.

■ Details count. Look for special touches: covered or ornamental buttons, piping, pocket flaps, a velvet collar.

■ Eye-catching accessories with clout make any outfit look richer. Think elegant loafers, leather gloves, plush suede pumps, chunky earrings, oversize pearls.

■ Go for the top of the line in your price range. Expert tailoring and fine fabrics are worth the investment and make your less expensive pieces look better.

■ Recognize that prices aren't set in stone. If you feel you're entitled to a bigger discount, speak to the manager. (For example, if you saw a similar jacket for less elsewhere, or you love the $60 pants but planned to spend no more than $50.)

GWEN
Wool check suit $126
Wool plaid blazer $99
Two scarves $24.36
Yellow leather gloves $21.20
Two pearl necklaces $19.08
Gold earrings $5.69

TOTAL $295.33

NANCY
Cream blazer with gold trim $149.90
Tan silk and viscose jacket $24.90
Cream stirrups $22
Tie $8.90
Orange rayon dress $49.90
Silver opaque hose $2.25
Silver shoes $17.50
Silver earrings $1.99

TOTAL $277.34



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The right sausage is delicious Swift Premium® Brown 'N Serve™ sausage. Ready in just minutes on the stove, only seconds in the microwave.

Swift Premium® Brown 'N Serve™ sausage. Why wait around for anything else?







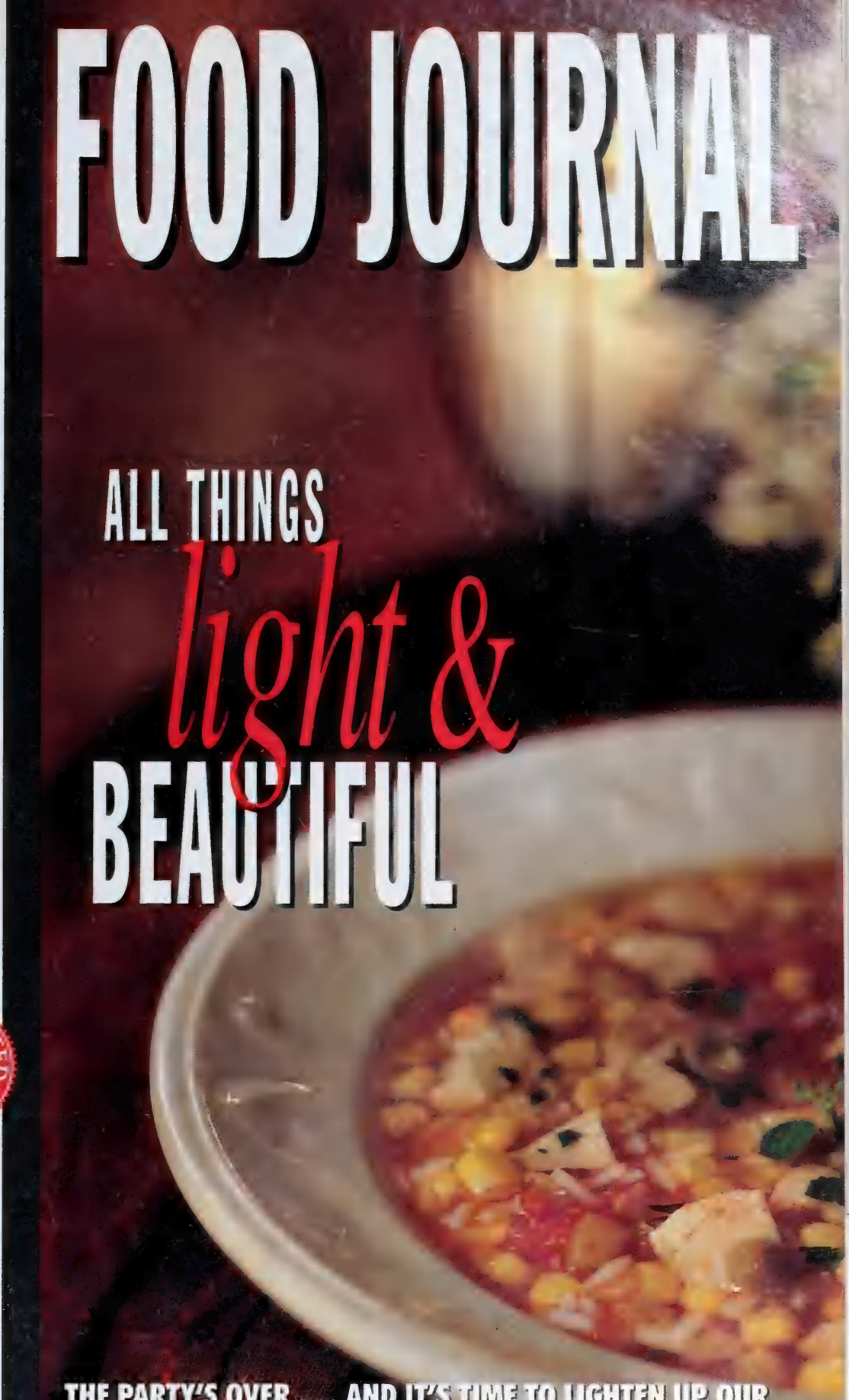
Swift Premium® Brown 'N Serve™ Sausage

Great taste without the wait.

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FOOD JOURNAL

ALL THINGS *light &* BEAUTIFUL



TRIPLE-TESTED LHJ RECIPES

THE PARTY'S OVER . . . AND IT'S TIME TO LIGHTEN UP. OUR WINTER-PERFECT ENTREES AND INCREDIBLE DESSERTS ARE LOW-FAT, GUILT-FREE INDULGENCES FOR THE WHOLE FAMILY

Photo, Rita Maas; prop stylist, Susan Byrnes; food stylist, Dora Jonassen.



ALL THINGS *light* & BEAUTIFUL

BY JAN TURNER HAZARD
FOOD EDITOR

LEFT: HEALTHY PASTA WITH FENNEL AND PEPPERS IS FAST, PACKED WITH FLAVOR AND PRACTICALLY FAT-FREE. RIGHT: OUR GORGEOUS TOASTED HAZELNUT CAKE, WITH ITS HALO OF SPUN CARAMEL, IS ALL SWEETNESS AND LIGHT.

Entrees: photos, Rita Maas; prop stylist, Susan Byrnes; food stylist, Dora Jonassen. Desserts: photos, Alan Thomas; prop stylist, Bette Blau; food stylist, A.J. Bellizzarro. Right: cake plate from Now Glass, NYC.



ALL THINGS *light &* BEAUTIFUL

LEFT: SAVORY BEEF STEW, THE MOST COMFORTING WAY WE KNOW TO WARD OFF THE BIG CHILL, BECOMES A NEW CLASSIC WITH 50 PERCENT LESS FAT. RIGHT: OUR ELEGANT PEAR-APPLE NAPOLEON ONLY LOOKS SINFUL—AND THE TASTE IS EVERY BIT AS LUSCIOUS AS THE CREAMY BAKE-SHOP ORIGINAL.





ALL THINGS *light &* BEAUTIFUL

LEFT: FISH AND PASTA ARE AN IDEAL LOW-FAT COMBO, AND OUR SUCCULENT CLAMS AND LINGUINE IS THE ULTIMATE. RIGHT: WHO DOESN'T LOVE CHEESECAKE? BUT IT'S NOT EXACTLY SLIMMING. WE CLEVERLY SKIMMED THE FAT FROM OUR MARBLE CHEESECAKE SO YOU CAN HAVE YOUR CAKE AND EAT IT, TOO.



LIGHT AND BEAUTIFUL
continued

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

WARM TUNA SALAD



The potatoes are microwaved, and the fish is pan-broiled in a minimum of olive oil. Topped with a warm dressing, this salad has it all—except a lot of fat.

Prep time: 25 minutes ▼▽○Ⓜ
Cooking time: 10 minutes

- 1 pound red new potatoes, sliced thin
- Salt and freshly ground pepper
- 1 tablespoon drained capers
- 1 bunch (1 lb.) fresh spinach, washed
- 1 head radicchio, torn (3 cups)
- 1 pound tuna or swordfish steak, 1-inch thick, cut into 4 pieces
- 2 teaspoons plus 1 tablespoon balsamic vinegar
- 2 teaspoons olive oil, divided
- ½ cup sliced shallots
- ½ teaspoon minced garlic
- ½ cup chicken broth
- Pinch thyme

Combine potatoes with ¼ teaspoon salt and 2 tablespoons water in 1-quart microwaveproof casserole. Cover and microwave on High 10 minutes, stirring halfway through. Stir in capers.

Meanwhile, place spinach and radicchio in bowl. Brush tuna on both sides with 2 teaspoons vinegar; sprinkle with ¼ teaspoon *each* salt and pepper.

Heat 1 teaspoon oil in large nonstick skillet over high heat. Add tuna and cook 2½ to 3 minutes per side for medium; transfer to plate. Add remaining 1 teaspoon oil and the shallots to skillet and cook, stirring, 2 minutes. Stir in remaining 1 tablespoon vinegar and the garlic; cook until syrupy. Add broth, thyme and ¼ teaspoon *each* salt and pepper; bring to boil. Pour over greens and toss. Arrange greens on 4 plates. Top with tuna and potatoes. Makes 4 servings.

Per serving		Daily goal
Calories	320	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	43 mg	300 mg or less
Sodium	735 mg	2,400 mg or less
Carbohydrates	29 g	250 g or more
Protein	32 g	55 g to 90 g

FETTUCCINE BOLOGNESE



Lean ground beef and turkey make th hearty meat sauce low-fat. Use half in thi recipe and freeze the rest for those hecti days when you're too tired to cook.

Prep time: 25 minutes ▼C
Cooking time: 1½ hours

Bolognese Sauce

- 2 teaspoons olive oil
- ½ pound lean (90%) ground beef
- ½ pound ground turkey or chicken meat
- 2 cups chopped onions
- 4 teaspoons minced garlic
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon thyme
- 1 pound mushrooms, chopped
- 1 cup chopped carrots
- ½ cup chopped celery



1 can (13¾ or 14½ oz.) beef broth
2 cans (35 oz. each) Italian tomatoes
⅓ cup tomato paste
¼ cup chopped fresh parsley

1 pound fettuccine, cooked according to package directions

Bolognese Sauce: Heat oil in Dutch oven over medium-high heat. Add beef and turkey; cook until no longer pink, 5 minutes. Stir in onions; cover and cook until onions are translucent, 5 minutes. Stir in garlic, salt, pepper and thyme; cook 30 seconds. Stir in mushrooms; cook covered 5 minutes. Add carrots and celery; cook covered 2 minutes more. Stir in broth; bring to boil and cook uncovered until broth is slightly reduced, 10 minutes. Stir in tomatoes and tomato paste, breaking up tomatoes with back of spoon. Return to boil; reduce heat and simmer uncovered hour. Stir in parsley. Reserve half the sauce for fettuccine; cool remaining sauce completely, then cover and freeze up to 1 month. Makes 11 cups.

Drain fettuccine. Return to pot. Add 5½ cups sauce; toss. Makes 6 servings.

er serving		Daily goal
alories	445	2,000 (F), 2,500 (M)
otal fat	8 g	60 g or less (F); 70 g or less (M)
aturated fat	2 g	20 g or less (F); 23 g or less (M)
holesterol	97 g	300 mg or less
odium	1,030 mg	2,400 mg or less
arbohydrates	73 g	250 g or more
rotein	21 g	55 g to 90 g

SOUTHWEST CHICKEN BURGERS



Read the label carefully to look for chicken or turkey breast meat that contains about 97% lean meat. The chicken mixture is very moist, but it cooks up great.

Prep time: 15 minutes ▽○
Cooking time: 10 minutes

1 pound ground chicken or turkey meat
½ cup shredded zucchini
2 tablespoons canned chopped green chilies
½ teaspoon *each* cumin and salt
¼ teaspoon freshly ground pepper
½ cup prepared salsa
2 tablespoons chopped green onions
2 tablespoons chopped fresh cilantro
1 tablespoon plain nonfat yogurt
4 hamburger rolls, split and toasted
Lettuce leaves

Combine chicken, zucchini, chilies, cumin, salt and pepper in bowl. Shape into four ½-inch-thick patties. *(continued)*

Hey Moms, let's trade tips! Send us your favorite cooking tip* for anything you've made using the La Choy® family of products. We'll send you our Quick & Easy Cooking with La Choy recipe booklet in return. Do we have a deal?

La Choy Tips
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*Without condition for any use by La Choy.





Skillet Herb Roasted Chicken

2 tbsp. all-purpose flour
¼ tsp. *each* ground sage and dried thyme
4 skinless, boneless chicken breast halves or 6 skinless, boneless chicken thighs (about 1 lb.)
2 tbsp. margarine
1 can Campbell's® Cream of Chicken Soup
½ cup water
Hot cooked rice

1. On waxed paper, combine flour, sage and thyme. Coat chicken lightly with flour mixture.
2. In skillet over medium-high heat, in hot margarine, cook chicken 10 min. or until browned on both sides; push chicken to one side.
3. Stir in soup and water, stirring to loosen browned bits. Reduce heat to low. Cover; simmer 5 min. or until chicken is fork-tender. Serve over rice. Garnish with fresh thyme if desired.

4 servings. Prep time: 5 min. Cook time: 15 min.

Serving Suggestion: Pictured over parslied rice.



© 1991 Campbell Soup Company

Mm! Mm! Good!®

■ LIGHT AND BEAUTIFUL
continued

Coat large nonstick skillet with vegetable cooking spray; heat over medium-high heat. Add patties; cook 5 minutes per side. Combine salsa, green onions, cilantro and yogurt in small bowl. Arrange each burger on the bottom half of a roll. Top each with 3 tablespoons salsa mixture, lettuce and remaining roll. Makes 4 servings.

Per serving		Daily goal
Calories	315	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	97 mg	300 mg or less
Sodium	778 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	24 g	55 g to 90 g

CHUNKY TURKEY CHILI



If a big bowl o' red is one of your sinful pleasures, you'll love the gutsy flavor of our version—but you may miss the guilt.

Prep time: 15 minutes ▼▽○
Cooking time: 20 minutes

1 pound boneless, skinless turkey breast, cut into 1-inch cubes
1 teaspoon vegetable oil, divided
1 cup minced onions
1 tablespoon minced garlic
2 teaspoons chili powder
½ teaspoon cumin
⅛ teaspoon cinnamon
1 can (14 oz.) tomatoes, chopped
1 can (13¾ or 14½ oz.) chicken broth, defatted (see page 117)
1 can (15 oz.) pinto beans, drained
1 can (15 oz.) red kidney beans, drained
1 package (10 oz.) frozen succotash

Pat turkey dry with paper towels. Heat ½ teaspoon oil in large saucepot over high heat. Add half the turkey and brown on all sides; transfer to plate. Repeat with remaining ½ teaspoon oil and turkey. Add onions to pot; cover and cook over medium heat until tender, 5 minutes. Stir in garlic and spices; cook 30 seconds. Add tomatoes and bring to boil. Add broth, beans and succotash. Bring to boil; reduce heat and simmer 10 minutes. Add turkey and simmer 5 minutes more. Makes 8 cups.

Per serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	540 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	21 g	55 g to 90 g

SALMON WITH CITRUS VINAIGRETTE AND LENTILS



This is a popular entrée in many tren restaurants. With our version, you'll fe you're having a night on the town witho hurting your wallet—or your fat budget

Prep time: 30 minutes
Cooking time: 8 to 10 minutes

1 cup lentils, rinsed and picked over
2 cups water
½ teaspoon salt
2 teaspoons olive oil
⅓ cup minced shallots
¼ cup chopped parsley
1 pound salmon filet, cut into 4 pieces
Watercress, for garnish

Citrus Vinaigrette
1 tablespoon fresh lemon juice
1 tablespoon fresh orange juice
½ teaspoon grated lemon peel
½ teaspoon grated orange peel
½ teaspoon salt
¼ teaspoon freshly ground pepper
4 teaspoons olive oil

Combine lentils, water and salt in sauc pan. Bring to boil, reduce heat and si mer until lentils are just tender, 20 to minutes. Drain and keep warm. Heat in small saucepan over medium-hi heat. Add shallots and cook 2 minut stir into lentils and add parsley.

Meanwhile, preheat broiler. Line bro er pan with foil and place salmon on t Drizzle 1 teaspoon vinaigrette over ea piece. Broil 4 inches from heat source to 10 minutes, until fish is opaque.

Spoon lentils onto plate; top with sal on. Drizzle on remaining vinaigrette. G nish with watercress. Makes 4 servings. *Vinaigrette:* Whisk ingredients together

Per serving		Daily goal
Calories	395	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F); 70 g or less
Saturated fat	2 g	20 g or less (F); 23 g or less
Cholesterol	62 mg	300 mg or less
Sodium	605 mg	2,400 mg or less
Carbohydrates	31 g	250 g or more
Protein	36 g	55 g to 90 g

PASTA WITH FENNEL AND PEPPERS

pictured on page 108

A little olive oil goes a long way in th colorful pasta dish—if the sauce is too d add more broth.

Prep time: 15 minutes ▼
Cooking time: 18 minutes

1 teaspoon olive oil
½ cup sliced onion
1 small bulb fennel (8 oz.)
1 medium red pepper, cut into strips
1 medium yellow pepper, cut into strips
1 teaspoon minced garlic
1 cup chicken broth, defatted*
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 pound penne or ziti pasta, cooked

Heat oil in skillet over medium-high heat. Add onion and cook, stirring occasionally, until translucent, 4 to 5 minutes. Meanwhile, cut fronds from fennel and chop enough fronds to equal ¼ cup; set aside. Slice fennel into thin strips. Add fennel and peppers to skillet; cook until just tender, 8 minutes. Add garlic and cook 30 seconds. Add broth, salt and pepper. Bring to boil, reduce heat and simmer 5 minutes. Toss sauce with pasta in serving bowl. Sprinkle with fronds. Makes 4 servings.

*To defat broth: Place in freezer 30 minutes or refrigerate 4 hours or overnight. Spoon fat from surface.

Per serving		Daily goal
Calories	465	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	611 mg	2,400 mg or less
Carbohydrates	90 g	250 g or more
Protein	16 g	55 g to 90 g

TOASTED HAZELNUT CAKE

Pictured on page 109

Toasting the hazelnuts brings out so much of their flavor that just a few suffice. The magic touch: a web of spun sugar.

Prep time: 55 minutes
Baking time: 1 to 1¼ hours

½ cup hazelnuts
1 cup sifted cake flour
10 large egg whites, at room temperature
½ teaspoon cream of tartar
¼ teaspoon salt
1½ cups sugar
1½ teaspoons vanilla extract

Spun Caramel
1 cup sugar
¼ cup water
12 hazelnuts, toasted, skinned

Preheat oven to 350°F. Spread nuts on jelly-roll pan and toast until skins crack, 10 to 12 minutes. Wrap in kitchen towel and rub vigorously to remove skins. Cool completely. Transfer to food processor and process until ground fine.

Reduce oven temperature to 300°F. Spray 8-cup fluted tube pan with vegetable cooking spray. Sift flour twice more. Combine ⅓ cup flour with ground nuts.

In large mixer bowl, beat egg whites, cream of tartar and salt at medium speed to soft peaks. Add sugar 2 tablespoons at a time, beating 1 minute after each addition. Gradually increase speed to high and beat 1 minute more. Gently fold in vanilla. Sift half the flour on top and gently fold into meringue. Repeat. Fold in nut mixture. Spoon into prepared pan.

Bake 1 to 1¼ hours, until just firm and dry to the touch. Invert onto wire rack and cool 1 hour. Remove pan and cool completely. Transfer to serving plate.

Spun Caramel: Combine sugar and water in small saucepan. Cook without stirring over medium heat until sugar is amber-colored. Cool until thin thread forms when dropped from fork, about 5 minutes.

With toothpick, dip each nut into caramel to coat. Dry on oil. Dip fork into caramel; holding fork about 18 inches above cake, carefully and quickly drizzle strands of *(continued)*

The best way to overcome these elements



is to mix these.

HOT SPICED TEA

FROM TANG™

1⅓ cups Tang Orange Flavor Beverage Crystals
⅓ cup instant tea
1 teaspoon cinnamon
½ cup sugar
½ teaspoon ground cloves

Combine and store in a tightly covered jar. For one serving, place one rounded teaspoon in a cup.
Add boiling water.
Stir and enjoy.



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recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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Hot Spiced Tea p. 117

LIGHT AND BEAUTIFUL
continued

caramel over cake. Arrange glazed hazelnuts around edge of cake. Serve within 4 hours. Makes 12 servings.

Per serving		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	91 mg	2,400 mg or less
Carbohydrates	49 g	250 g or more
Protein	4 g	55 g to 90 g

From the book SIN FREE DESSERTS. Copyright © 1991 by Jean Anderson. All rights reserved. Published by arrangement with Doubleday.

MEXICAN CHICKEN-LIME STEW

pictured on page 110

With this chicken in the pot, you can also make another soup, Chinese Noodle. Make the soup a day ahead and skim off the fat.

Prep time: 1¼ hours plus chilling ▼▽○
Cooking time: 25 minutes

Soup Base
- 1 whole chicken (3 lb.), cut up
- 1 can (13¾ or 14½ oz.) chicken broth
- 6 cups water
- 1 cup chopped onions
- 3 whole garlic cloves
- ½ teaspoon salt
- ½ teaspoon red pepper flakes

- 1 can (14 oz.) tomatoes, chopped
- ½ cup minced onion
- ¼ cup chopped green chilies
- ½ teaspoon salt
- ¼ teaspoon chili powder
- 1 lime, halved, plus squeezed juice
- 1 package (10 oz.) frozen whole-kernel corn
- 1 cup cooked rice
- Lime slices, for garnish
- ¼ cup chopped fresh cilantro

Soup: Combine all ingredients in Dutch oven. Bring just to boil, reduce heat and simmer gently, 45 minutes. Drain, reserving soup and chicken separately. Remove meat and dice; cover and refrigerate. Freeze soup 1 hour or refrigerate overnight; skim fat.

Mexican Stew: Combine soup, tomatoes, onion, chilies, salt and chili powder in Dutch oven. Bring to boil, reduce heat and simmer 10 minutes. Add lime halves and juice to Dutch oven with corn, rice and chicken. Simmer 5 minutes. Remove lime. Garnish with lime slices and cilantro. Makes 10 cups.

Per serving		Daily goal
Calories	155	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	46 mg	300 mg or less
Sodium	542 mg	2,400 mg or less
Carbohydrates	17 g	250 g or more
Protein	16 g	55 g to 90 g

Chinese Noodle Soup: Prepare and chill soup. Bring to boil. Add chicken, ½ pound sliced mushrooms (3 cups), ¼ pound snow peas, sliced lengthwise (2 cups), 1 cup shredded carrots, 2 tablespoons soy sauce, 1 tablespoon grated fresh ginger and ½ teaspoon Oriental sesame oil. Return to boiling. Add 1 package (9 oz.) fresh angel-hair pasta and ½ cup diagonally sliced green onions. Cook, stirring, 2 minutes. Sprinkle with ¼ cup chopped cilantro. Makes 10 cups.

Per serving		Daily goal
Calories	185	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	76 mg	300 mg or less
Sodium	583 mg	2,400 mg or less
Carbohydrates	19 g	250 g or more
Protein	19 g	55 g to 90 g

PEAR-APPLE NAPOLEON

pictured on page 111

By replacing buttery puff pastry with honey-glazed phyllo and pastry cream with fresh fruit, we've changed these napoleons from naughty to nice!

Prep time: 50 minutes plus cooling ▼○
Baking time: 8 to 10 minutes

- 4 cups peeled, diced pears
- 4 cups peeled, diced Golden Delicious apples
- ½ cup plus 2 tablespoons sugar
- ¼ cup plain dry bread crumbs
- ¼ teaspoon cinnamon
- 5 sheets phyllo dough
- 3 to 4 teaspoons vegetable oil
- 2 tablespoons honey

Strawberry Sauce
- 1 package (10 oz.) frozen strawberries in syrup, thawed
- 2 teaspoons fresh lemon juice

Combine pears, apples and ½ cup sugar in saucepot. Cover and cook, stirring over medium heat until tender, 30 minutes. Cook uncovered, stirring frequently, until fruits are translucent and juices are evaporated, 20 minutes more. Cool.

Meanwhile, preheat oven to 375° Coat large cookie sheet with vegetable cooking spray. Combine bread crumbs, cinnamon and remaining 2 tablespoons sugar bowl. Arrange 1 phyllo sheet on cookie sheet. (Keep remaining phyllo covered.) Brush very lightly with oil and sprinkle with 1 tablespoon crumb mixture. Stack remaining phyllo on top, brushing each layer lightly with oil and sprinkling each with 1 tablespoon crumbs. Drizzle honey on top. With sharp knife, cut phyllo crosswise into 3 equal rectangles. Slice each rectangle into 8 pieces. Bake 8 to minutes, until golden. Cool.

Place 1 rectangle on serving plate and spoon on 2 tablespoons pear-apple mixture. Place second rectangle on top and spoon on 2 more tablespoons pear-apple mixture. Top with third rectangle. Repeat with remaining phyllo and filling to make 8 napoleons. Serve with Strawberry Sauce. Makes 8 servings.

Strawberry Sauce: Puree strawberries with lemon juice in blender. Makes 1 cup

Per serving		Daily goal
Calories	260	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less
Saturated fat	0 g	20 g or less (F); 23 g or less
Cholesterol	0 mg	300 mg or less
Sodium	77 mg	2,400 mg or less
Carbohydrates	60 g	250 g or more
Protein	2 g	55 g to 90 g

CLAMS WITH LINGUINE

pictured on page 112

We've lightened the sauce even more reducing the olive oil, and pumped up t flavor with a variety of veggies.

Prep time: 20 minutes ▼▽
Cooking time: 30 minutes

- 1 bottle (8 oz.) clam juice
- ½ cup white wine
- 3 dozen littleneck clams, scrubbed
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- ½ cup finely chopped celery
- 2 teaspoons minced garlic
- Pinch each thyme, red pepper flakes
- 2 tablespoons chopped fresh parsley
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon salt
- 1 pound linguine, cooked according t package directions, drained

Bring clam juice and wine to boil saucepot. Add clams; cover and cook til shells open, 5 to 6 minutes. Trans clams to bowl with slotted spoon; co Remove from shells and coarsely cho (Discard any unopened clams.) Add c ions, carrots, celery, garlic, thyme a pepper flakes to clam juice. Simmer ov medium heat until vegetables are tend 25 minutes. Stir in chopped clams, pa ley, oil and salt. Toss sauce with pasta serving bowl. Makes 6 servings.

Per serving		Daily goal
Calories	390	2,000 (F), 2,500 (M)

(continued on page 12

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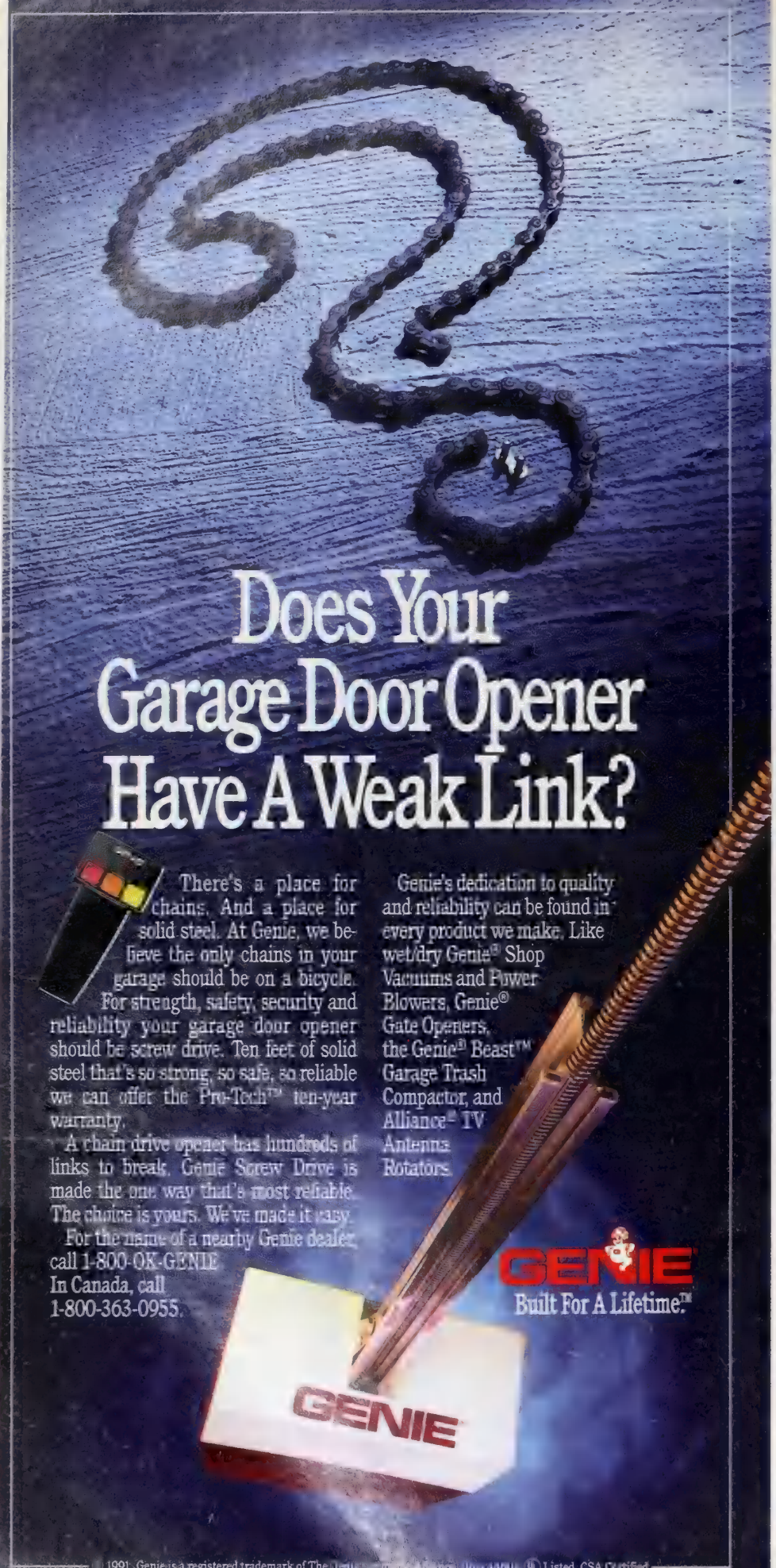
Tomato
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CHOLESTEROL FREE
4 MG SODIUM
27 CALORIES

Mushroom
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CHOLESTEROL FREE
2 MG SODIUM
5 CALORIES

Onion
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LOG CABIN CHIC

(continued from page 91)

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LIGHT AND BEAUTIFUL

continued from page 118

Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	34 mg	300 mg or less
Sodium	323 mg	2,400 mg or less
Carbohydrates	64 g	250 g or more
Protein	23 g	55 g to 90 g

MARBLE CHEESECAKE

pictured on page 113

Beaten egg whites make this cheesecake light and fluffy, and the bittersweet chocolate flavor makes it fabulous—so don't worry if it cracks during baking.

Prep time: 35 minutes plus cooling
Baking time: 45 minutes

- 3 chocolate wafer cookies, crushed
- 1 container (15 oz.) reduced-fat ricotta cheese
- 1 package (8 oz.) reduced-fat cream cheese
- ¼ cup reduced-fat sour cream
- ½ cup plus 6 tablespoons sugar
- 2 tablespoons flour
- 1½ teaspoons vanilla extract
- 3 large egg whites
- Pinch salt
- 3 tablespoons unsweetened cocoa
- 1 tablespoon coffee-flavored liqueur

Preheat oven to 350°F. Spray 8-inch springform pan with vegetable cooking spray. Sprinkle chocolate crumbs evenly on bottom of pan; wrap outside of pan with heavy-duty foil.

Combine ricotta, cream cheese, sour cream and ½ cup sugar in food processor. Process until smooth, scraping sides occasionally. Add flour and vanilla; process until just blended, 15 seconds. Transfer batter to large bowl.

Beat egg whites and salt in mixer bowl on medium speed until foamy. Gradually beat in remaining 6 tablespoons sugar, 1 tablespoon at a time; continue beating to soft peaks. Carefully fold half the beaten whites into batter with rubber spatula. Repeat with remaining whites. Transfer 1½ cups batter to medium bowl. Pour remaining batter over chocolate crust. Place pan in larger baking pan.

Gently whisk cocoa and liqueur into reserved batter just until smooth. Carefully spoon cocoa mixture over batter in pan, swirling knife through to marbleize. Place pans on oven rack. Pour boiling water into larger pan to reach 1 inch up side of springform pan. Bake 45 minutes or until just set. Turn oven off; let stand in oven 1 hour. Remove pan from water bath. Remove foil; cool completely. Cover and refrigerate overnight. Remove sides of pan. Makes 12 servings.

Per serving		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	18 mg	300 mg or less
Sodium	185 mg	2,400 mg or less
Carbohydrates	21 g	250 g or more
Protein	7 g	55 g to 90 g

BEEF STEW

Throw all the ingredients into your heaviest Dutch oven and let them roast for a few hours. It's even better when reheated. The variations—with lean pork or lamb—make this a recipe to remember.

Prep time: 25 minutes
Cooking time: 2½ to 3 hours

- 2 teaspoons minced garlic
- 1½ teaspoons salt
- 2 pounds round steak, cut into 1-inch cubes, trimmed of all fat
- 3 cups finely chopped onions
- ½ teaspoon thyme
- ½ teaspoon freshly ground pepper
- 2 tablespoons tomato paste
- 1 pound carrots, cut into 1-inch pieces
- 3 cups celery, cut into 1-inch pieces
- 1 pound white mushrooms, trimmed
- 1 pound small white onions, peeled

Preheat oven to 325°F. With flat side of knife, crush garlic with salt to form a paste. Combine garlic paste, meat, onions, thyme and pepper in heavy Dutch oven. Cover and roast 1½ hours. Stir in remaining ingredients and cook 1 to 1½ hours, until tender. Makes 10 cups.

Per 1-cup serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	53 mg	300 mg or less
Sodium	461 mg	2,400 mg or less
Carbohydrates	16 g	250 g or more
Protein	23 g	55 g to 90 g



Pork Stew: Preheat oven and make garlic paste. In heavy Dutch oven, combine 2 pounds boneless pork loin cut into 1½-inch cubes, garlic paste, 3 cups finely chopped onions, ½ teaspoon pepper and ¼ teaspoon fennel seed. Cover and roast 1 hour. Add 1 can (14 oz.) tomatoes, chopped, 3 cups celery, cut into 1-inch pieces, and ½ cup white wine. Cook 1 hour more. Stir in 1 package (10 oz.) frozen peas. Makes 8 cups.

Per 1-cup serving		Daily goal
Calories	250	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	72 mg	300 mg or less
Sodium	649 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	28 g	55 g to 90 g

(continued)

LOG CABIN CHIC Kitchen: Antique plates, glasses, teapot, sugar and creamer, copper pitcher, Fairdale Farms Antique Center; cake plate and vase, The Sedgewick Inn Shoppe; basket, Longenberger. Living room: Red-and-white throw, Three Weavers for Gear; birch vase, Lady Slipper Designs; painted screen, ABC Carpets. Master bedroom: Birch basket with handle, Lady Slipper Designs, Shaker boxes, the Sedgewick Inn; embroidered pillow, the Fairdale Farms Antique Center; birch buckets, Lady Slipper Designs; birds on birch logs, the Sedgewick Inn Shoppe. Bathroom: Heated towel rack, Hastings; Bugs Bunny bubblebath and soaps, Kid Care; towels, Martex; twig shelf, Lady Slipper Designs.

OIL OF OLAY CONTEST RULES

1. Complete entire entry form or on a 3"x5" card write your name, address, age and signature. Include with form the following: a box tab with Universal Product Code from any Oil of Olay skin-care product; a statement of fifty words or less on why you look great for your age; your most important skin-care tip; two (2) current photographs, one full-length and one close-up (head-and-shoulders shot). Photographs must be in color and no larger than 5"x7" in size.
2. Mail to: Oil of Olay/Ladies' Home Journal Contest, Radio City Station, P.O. Box 1319, New York, NY 10101-1319. All entries must be received by January 31, 1992. Limit one entry per person. Sponsors will not be responsible for lost, misdirected, incomplete, damaged or late mail. All photos and materials submitted become the sponsors' property and will not be returned or acknowledged.
3. All original entries will be judged under the supervision of VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. Ventura will select 150 entrants. The entrants will be judged by a panel of experts designated by Oil of Olay and Ladies' Home Journal, and ten (10) semifinalists will be selected. This panel will consist of advertising, media and beauty experts. Five finalists will then be selected from the 10 semifinalists and requested to come to New York City for a mini-pageant. The mini-pageant will be judged by the panel of experts, and a Grand Prize winner will be selected. All judging by VENTURA ASSOCIATES, INC. and the panel of experts will follow the same criteria. Photos will be judged on subjects' youthful appearance relative to actual age (0–15 points); overall appearance and photogenic qualities (0–10 points); judges' perceptions of the skin quality, i.e., clarity, color, firmness, fine lines (0–10). A fifty-word statement on why you think you look great for your age will be judged on judges' perception of the effort to look younger (0–10); and clarity of expression (0–5). The contestant with the highest point total will win. If scores are tied at any point in the selection process, judges will judge the skin-care tip in order to choose winner(s). Tips will be judged on effectiveness and originality. Decisions of judges are final.
4. Contest is void in VT, HI, AK and PR. MD, FL, CT, LA and AZ residents need not include proof-of-purchase.
5. All 10 semifinalists will receive a year's supply of Oil of Olay skin-care products. The five semifinalists not selected as one of the five finalists will each receive a cash prize of $1,000. The five finalists will receive a two (2)-day trip to New York City, to participate in a grand-prize-selection mini-pageant. Oil of Olay will provide round-trip air transportation, hotel accommodations and meals for each winner and an escort for two (2) days. All winners will also receive a professional hair and makeup makeover on the morning of the mini-pageant. Restaurant, theater accommodations and a reception with TV-show cast will also be included. (Approximate retail value, $2,500 each.) The Grand Prize Winner will appear on a popular CBS television daytime soap opera (Oil of Olay will provide round-trip air transportation, hotel accommodations and meals for both the Grand Prize Winner and escort); and will receive a family membership (or for the winner and a friend) for one year at a local Health Spa (or cash equivalent up to $5,000). (Approximate retail value, $7,500.) Prizes are not exchangeable, refundable or transferable. There will be no substitution of prizes except as may be necessary due to unavailability. NOTE: The Grand-Prize Winner may be requested to participate and be featured in a tour (up to five cities) to publicize the contest. Transportation and meals will be provided by Oil of Olay.
6. The 10 semifinalists will be notified by mail or before February 28, 1992, and must consent to participate in any media interviews scheduled by Oil of Olay. The five finalists must consent to be available and to participate in and render services in connection with a final mini-pageant to be held in New York City before March 16, 1992, and to participate in photography/taping sessions and media interviews, or they will be replaced by one of the 5 semifinalists not selected as a finalist. All entrants agree to grant to the sponsors of the contest the right to use their names, photographs and written comments in connection with any promotion, publicity and advertising on behalf of Oil of Olay skin-care products in connection with the contest at no additional compensation. The Grand-Prize Winner will also render services for additional photography/taping sessions in connection with any promotion, publicity and advertising on behalf of Oil of Olay for the contest, and as a participant in a tour. In the event that one of the winners cannot complete all responsibilities due to pregnancy, illness or unacceptable change in overall appearance, one of the finalists will assume only responsibilities left uncompleted. All 10 semifinalists will be required to sign and return an affidavit of eligibility and release within 7 days of date of notification prior to receiving any prizes or being invited to New York City for final judging. This will require submitting proof of age. A photocopy of a birth certificate, driver's license or passport will be accepted. Failure to forward completed information may result in forfeiture of prize, and an alternate winner may be selected. The Grand-Prize Winner will also agree to join the Screen Actors Guild at the expense of Oil Of Olay, should this be necessary.
7. Contest is open to women who are residents of the continental U.S. age 25 or over, whether or not they've done modeling or acting. Employees of Meredith Corp., Procter & Gamble, CBS Inc., their respective affiliates, subsidiaries, advertising agencies and VENTURA ASSOCIATES, INC., and their families are not eligible. All federal, state and local laws and regulations apply. Contest void where prohibited or restricted by law. Taxes on prizes are winner's responsibility.
8. For a list of winners, their states of residence and the prizes won, send a self-addressed, stamped envelope before March 16, 1992, to: Oil of Olay/Ladies' Home Journal Contest Results, P.O. Box 834, Gibbstown, NJ 08027.

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LIGHT AND BEAUTIFUL
continued



Lamb Stew: Preheat oven and make garlic paste. In heavy Dutch oven, combine 2 pounds lean boneless lamb, cut into 1½-inch cubes, garlic paste, 3 cups finely chopped onions, 1 teaspoon *each* cumin and ginger, and ¼ teaspoon *each* cinnamon and ground red pepper. Cover and roast 1 hour. Add 1 pound carrots, cut into 1-inch pieces, 1 pound peeled butternut squash, cut into 1-inch pieces, 1 can (19 oz.) chick-peas, rinsed and drained, and ⅓ cup raisins. Cook 30 minutes. Add 2 zucchini, cut into 1-inch pieces; cook 30 minutes more. Sprinkle with ½ cup chopped cilantro. Makes 10 cups.

Per 1-cup serving		Daily goal
Calories	235	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	59 mg	300 mg or less
Sodium	470 mg	2,400 mg or less
Carbohydrates	24 g	250 g or more
Protein	22 g	55 g to 90 g

Recipes by Carol Prager and Lisa Brainerd.

BETTE MIDLER
continued from page 83

entertainer; she sings as well as acts in this role. Barbra is the producer, director and star of *Prince of Tides*, a Christmas release. Midler claims she does not feel at all competitive, not even a teensy bit, with the performer with whom she's frequently compared.

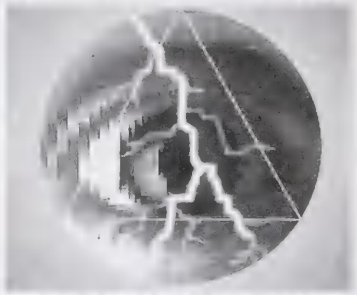
"I think Barbra has one of the most beautiful pop voices in the history of pop voices. But I think her music doesn't mean as much to her as it once did," she says, considering every word as she speaks. "I think she wants to be a director. Barbra's looking for a different kind of respect than I am. I like her in a funny way. I'm not friends with her, but I'm not *not* friends. I've cooked for her."

Did she eat?

"*And how!*"

As for *Geraldo*, who wrote about their brief sexual encounter in his steamy autobiography, *Exposing Myself*, Midler declares—"Oh, he was a slimeball! If I had known then that he was going to do this twenty years later, I never would have given him the time of day." (In truth, Geraldo speaks well of her. He *(continued)*

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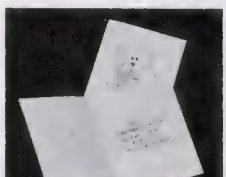
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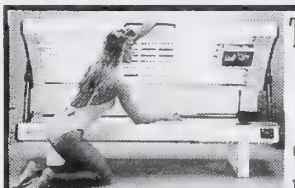


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by Christi Woodend - *Fashion Model*

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BETTE MIDLER
continued

writes admiringly of Bette's voluptuous figure and sexual appetite.) "Actually, he was grotesque," she continues. "I was very young—well, relatively young—and he and his producer pushed me into my own bathroom and broke two poppers under my nose and started to grope me. And I kept going, 'What is this? What is this? What's going on?' My friends say, of course, he was such a charmer, right after that I had to go to bed with him," she says, laughing. "He pursued me all the way to Oklahoma. I think he was doped up. I think he was doing a lot of drugs in those days. I don't mind saying this. I really think he was."

Midler seems only semi-incensed about Rivera's tale of their lusty interlude. "My husband was amused," she admits. "He says it will be good for my career, for people to know what a wild woman I am." She grins.

Midler's been married for the past seven years to Martin von Haselberg, a somewhat mysterious German; in the past, he has claimed to be both a commodities broker and a performance artist with the stage name of Harry Kipper. Now, Midler says, he is studying for his master of fine arts degree at the American Film Institute and wants to become a filmmaker. Their daughter, Sophie, is five. Midler, at forty-six, still wants to have another child. "Why not? My doctor says I have the insides of a nineteen-year-old." She seems to adore her husband and says that they have a good home life because it is very un-Hollywood and "very private." The only thing that annoys her about Martin? "He shaves his head. It really drives me crazy."

Midler acknowledges that, years ago, she used to drive people pretty crazy herself. She went to New York in the mid-sixties with one goal: to be a star. "I was totally and completely focused and interested in only one thing, my career. I missed a lot. I didn't see hardly anything." Was she surprised by her success? She shakes her head no. "I never was surprised. I would have been surprised if I had *failed*."

Midler's story is a classic rags-to-riches saga. She grew up poor, the daughter of a housepainter, in a Samoan neighborhood of Honolulu, an outsider among outsiders. She was one of only a few Caucasian students and the sole Jewish girl in her school.

For years, as a part of her act, she has made cracks about her large breasts. "Big boobs mean big bucks," she jokes. But, she remembers, she was terribly self-conscious in seventh grade as the girl with not just the biggest but the *only* bust. "My mother wouldn't buy me a brassiere, and I had to pin my slip together so that they wouldn't jiggle around. I had to go to phys ed class with all these Oriental girls who had brassieres that were holding up nothing. It was horrible. They teased me incessantly because I would, like, bobble on my way home."

Still, as a performer, Midler has always played up her vibrant sexuality. "Oh, thank the Lord I've got *something* going," she says. Her first real breakthrough was a flamboyant cabaret act at New York City's Continental Baths, a gay men's club. In her act, which she eventually turned into a stage show, she sang, told raunchy jokes and managed to be both outrageous and endearing. At the time, her life offstage was just as unconventional and out of control. "You mean when I was drinking and taking drugs and falling down in a stupor?" she says .

Nowadays, Midler is more low-key in every way. But Bette, the brash and brassy performer, is still around. "You know, when twenty thousand people come to see you, you better light up. So I do, and I enjoy it very, very much," she says. "But in my own life, when I get home I just veg out."

These days, her private life, as she describes it, is a diary of domesticity that would make even Martha Stewart envious. "I'm a fabulous cook, and my husband is a fabulous cook," she says. "I collect cookbooks. I love good food. I sew. You won't believe it, but I sew. We decorate. We go to flea markets and swap meets. We have a lot of friends who own restaurants, people who like to eat well. I like that. There's a certain quality of life that's missing in this country. People go so fast—everything in this country is about speed, about going faster, having more status, more money. And I find that's not really the way."

Does she think she's having as much fun as she did in her wild-and-crazy days?

"Of course I'm having fun," she snaps, a bit defensively. "Doesn't it *sound* like fun? A *different* kind of fun. Now we are cooking from the garden, which is our new thing. Have you heard about Heritage seeds? There is a group of people who believe some species or varieties of plants are being lost, so they collect the seeds and they trade. So cooking from the garden is planting many different varieties of many different vegetables and making all the recipes that go with them. There are thousands of varieties of eggplants. Aren't you *fascinated*?" She grins, her eyes glinting and narrowing, challenging you to be fascinated by eggplants, too. "They come in red, yellow, green, purple . . ."

Is Miss M putting me on? She pa
es for a moment, watching my re
tion, and wrinkles up her forehe
"You know, I've got to admit it. I
not as much fun as I used to be."

When she isn't nurturing her e
plants, Midler finds being a mother
Sophie, her little dynamo, both co
plex and challenging. "She's a lot l
me. So it's comforting, and also ho
fying." Midler admits, "She really g
on my nerves sometimes. I love h
but she's really stubborn. If you
her to apologize, she won't do i
Midler knows that she is just as st
born as her daughter and, like Sop
can't stand to be wrong. "That's on
the main things my husband ha
about me—I always have to be righ
tell him, 'I don't have to be righ
simply am right,' " she declares i
way any wife would understand.

How will she handle Sophie as
little girl gets older? What will she
if, for example, Sophie asks her if
ever took drugs? Midler thinks fo
moment. "I'm going to tell her
truth: 'I never took drugs, and I ne
had a drink,' " she replies swee
with her perfect comic timing.

Midler, who's no longer as mo
or tempestuous as she was in
past, tries to deal with her work i

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nore relaxed way. She says she is not erribly concerned if she is going up or going down in the Hollywood hierarchy. "They used to make lists of the bankable girls, the girls who made the big bucks. I was never on anybody's list. It was like I was invisible. It was very upsetting. Finally, I decided it's a conspiracy. I can't even think about his. So I gave up on it," she says with a shrug. Now she is reportedly paid $3 million a movie.

She doesn't even get very annoyed when the executives at Disney keep congratulating themselves on how they rescued her lackluster career. "It wasn't in the toilet. Oh, maybe I *was* headed for the bathroom door," she says, laughing. Midler's first major movie, *The Rose*, in which she played a Janis Joplinesque rock star, was a 1979 hit, and she was nominated for an Academy Award. (*The Rose* was directed by Mark Rydell, who is directing *For the Boys*.) But her second film, *Jinxed!*, proved to be just that when it was released in 1982, and the box-office disaster derailed her in Hollywood. She had a breakdown and considers the experience of making the movie the low point in her career. She didn't make another film for several years, until the hit *Down and Out in Beverly Hills*. Disney signed her to a long-term contract followed by a series of successes, including *Ruthless People* and *Big Business*.

"Sometimes I'm sorry I got swept up in it," Midler says, trying to explain exactly how she views her career. Remember when Pinocchio goes to Stromboli, and Stromboli convinces him to be an actor? And Pinocchio performs a little bit, and Stromboli puts him in a cage? Well, that's a lot like what it's like. You want to do this, and you're completely fascinated by the dream. And you get there. And suddenly you're in a cage."

Although Midler now feels that no one can take away her accomplishments, she does seem concerned about the success of her current film. Like *Beaches*, it has been developed by her own company, All Girl Productions. In the movie, she and her co-star, James Caan, play a song, dance and comedy team that entertains the troops during World War II and the Korean and Vietnam wars. During the course of the movie, she sings seven songs from the different eras. She also ages almost fifty years, maturing from a blond bombshell to a show-business legend.

Bette went into intense training to get into shape for the role. "I had to. I did let myself go. Totally. Remember, I love to eat. So I had to fast. I'm a very good faster. I have a trainer. I have a cleansing regimen that I go on, and I do everything: hair, nails, waxing, teeth, *everything*."

She said the filming went well and was enhanced by a remarkable coincidence. The movie began production during the crisis in the Persian Gulf. Many of the extras playing World War II servicemen were soldiers and reservists who were called up when Operation Desert Storm began. Like the troops they were playing in the movie, young soldiers watched Midler perform just hours before they would fly off to war.

Besides promoting her new movie, Midler is currently very active in raising money for AIDS research.

"I do try to help," she says. "If I didn't, I would really feel like I wasn't a human being. It's as though you were living in Nazi Germany during the Holocaust. What would you have done? How would you have behaved? I think most people don't perceive it as a holocaust because many people are not touched. The other day I was at an AIDS benefit and I mentioned seven names of friends who have died. I could have stood there and named two hundred people. I could have stood there for another hour. I happen to be someone who is touched, every week, every month, every year for ten years," she says softly.

In her act, Midler jokes, "I don't have to be well informed. I'm well endowed. I'm a *star*." But she tries very hard to be well informed and serious. She says in her free time she has been studying different religions. She worries about who will be the Democratic presidential candidate. And she says she tries very hard to be an ethical person. "Absolutely, every single minute."

She's even serious about her role as the most entertaining of entertainers. "I'm a cheerer-upper," she explains, thoughtfully. "That is my mission."

She says she's learned many valuable lessons through the ups and downs of the past twenty years. "I've learned how to make deals," she says. "I've learned how to negotiate and that some things are more important than others. In order to get what you want, you have to choose what's important. You have to find the point past which you would never go." She thinks a moment and adds, "I've learned how to take responsibility for what comes on my watch. You know the old expression 'It happened on my watch'? Well, you have to take responsibility. And," she pauses and flashes her dazzling trademark grin, "I've learned where to buy my bras." ■

LHJ Editor-in-chief Myrna Blyth has also recently interviewed Katharine Hepburn and First Lady Barbara Bush.

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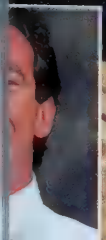
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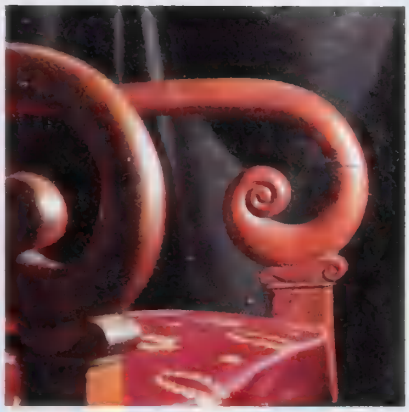
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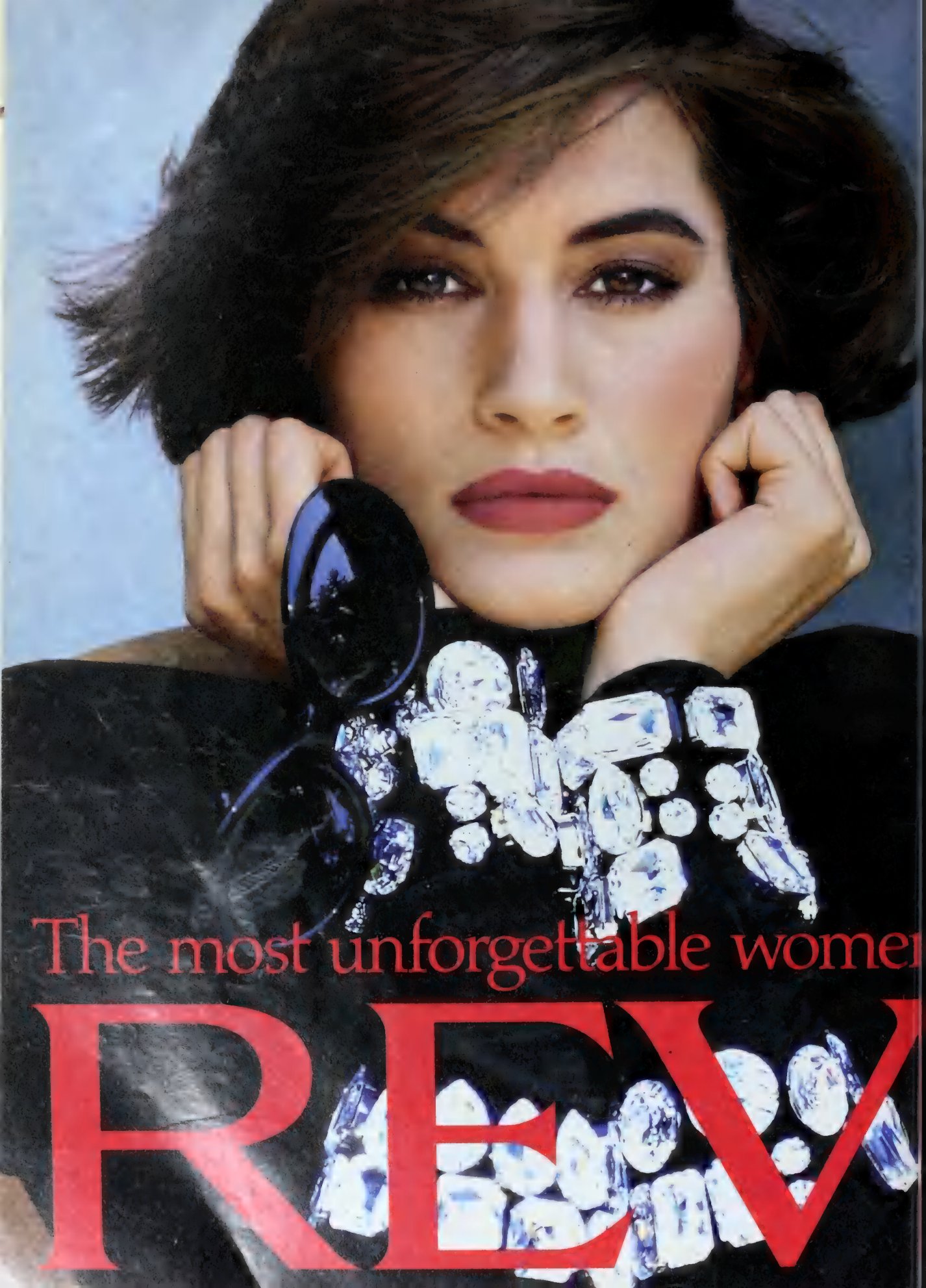
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Mellander is head safety engineer for Volvo in Sweden.

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How will a car react the other 64% of the time? In side impacts (20% of all accidents)? In rear end collisions (7%)? Rollovers (12%)? Multiple impacts (17%)?

"These are the questions people should be asking," says Mellander.

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Volvo engineers pioneered crumple zones to absorb crash energy.

The 3 point self adjusting seat belt was invented by Nils Bohlin, a Volvo engineer.

Volvo began putting a steel reinforced passenger cage into all their cars not last year, or five years ago, but three decades ago.

"The increased focus on safety by the car industry and the public pleases us," says Mellander.

"Now that people have their eyes open to the importance of safety," he adds, "they should understand the differences between how car companies approach safety."

These differences have never been more evident than in the new 960.

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The first Volvo to have a 6-cylinder, 24-valve engine coupled with a sophisticated drivetrain adaptable to driving conditions.

A car that Mellander believes is the epitome of everything Volvo has ever learned about building automobiles.

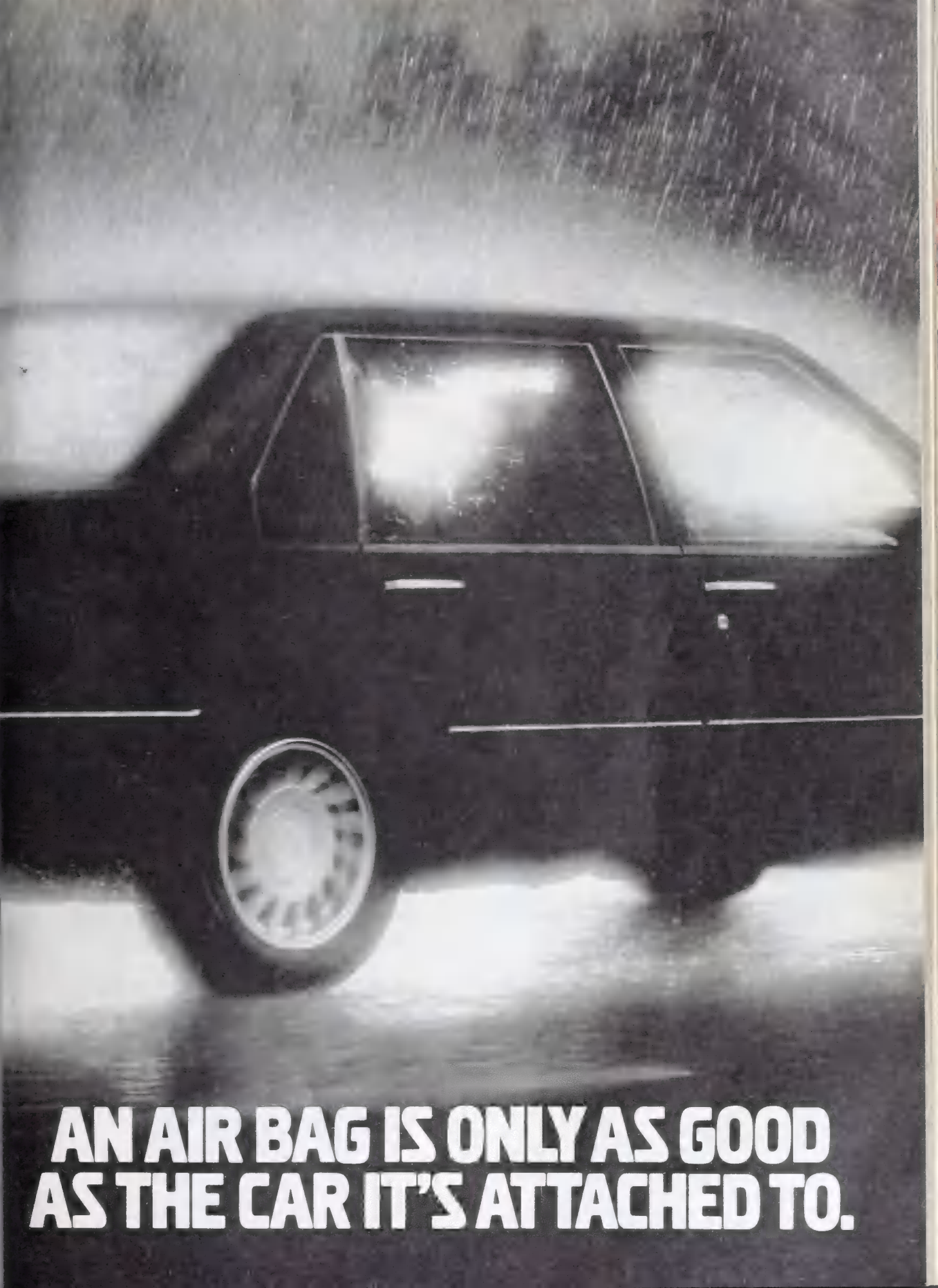
"It is the ultimate proof that safety is not something you can just add on to a car, but rather has to be engineered in from the very beginning."

Drive safely.

VOLVO



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AN AIR BAG IS ONLY AS GOOD
AS THE CAR IT'S ATTACHED TO.

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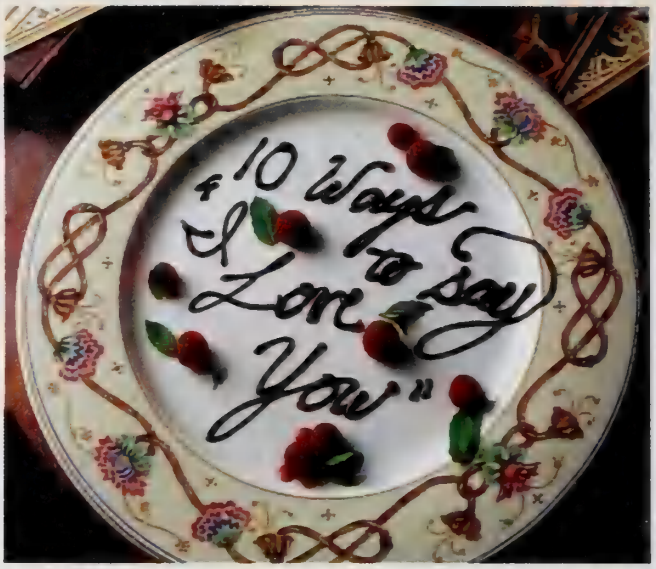
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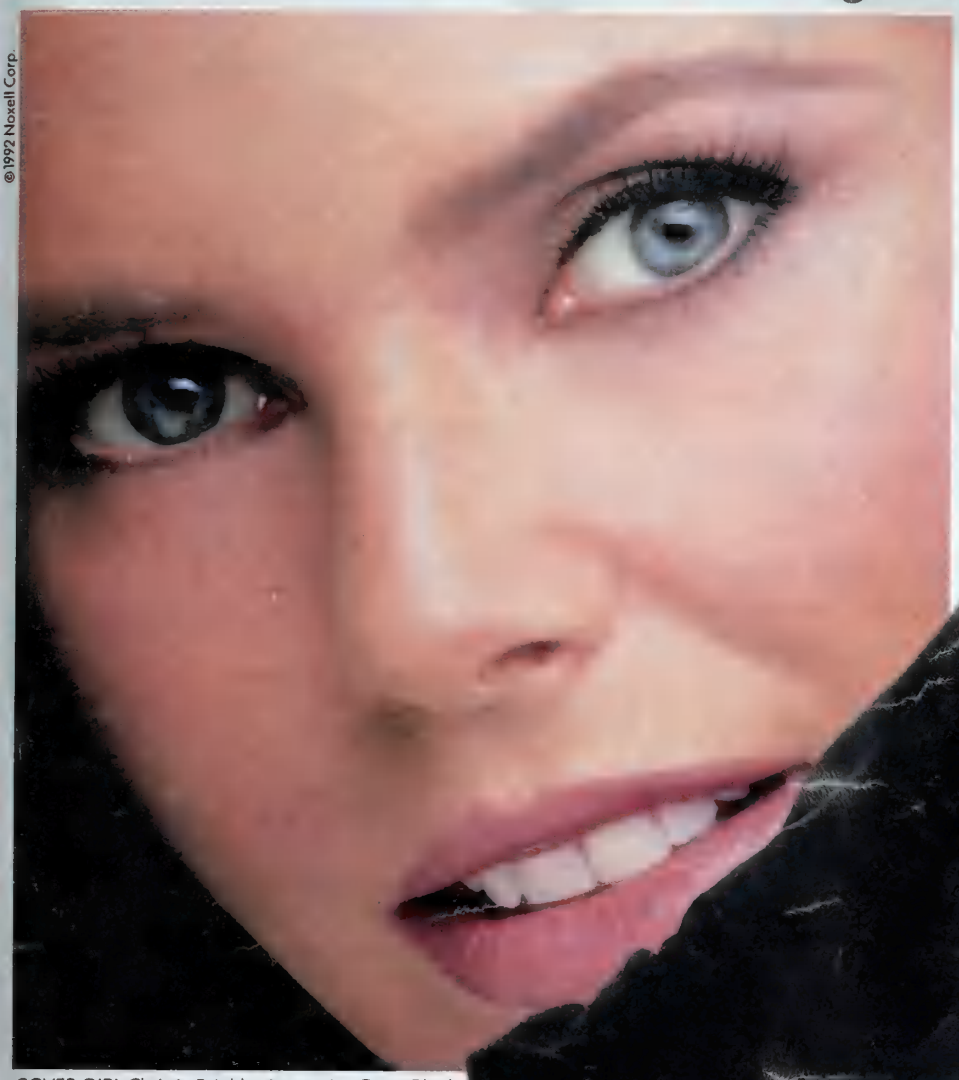
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WITH JUST ONE SINGULAR SENSATION—STANDOUT EARRINGS OR GREAT SHINY HAIR—YOU, TOO, CAN HAVE HEAD-TURNING STYLE WITHOUT BREAKING THE BANK. *By Lois Joy Johnson*

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editor's journal



There are lots of things we hope you'll notice and find appealing in this February issue. First of all, there's a new design in the front section of the magazine that we think is lighter, more elegant and more attractive. There are also several new columns, including one called "You," on page 100. The column focuses on emotions and relationships as well as your at-home time, and it gives you strategies to make your life and your dealings with others more satisfying and fulfilling.

Another new column is called "Woman to woman." In it, women will share their most intimate stories. Sometimes we know a woman will share a problem that doesn't have a simple or expected solution. Sometimes a woman will describe a mistake she's made and from which we can all learn. The column makes its debut this month with a story by a nurse whose husband, like the basketball star Magic Johnson, is HIV positive.

Finally, on the last page of the magazine, you'll notice "Last look," a mini photo essay. This month, for Valentine's Day, the subject is, naturally, kisses.

Also note that in "Food journal," our editors are highlighting recipes that will be of special interest to you. Yes, all our triple-tested recipes are delicious. But since we know you're busy, our food team is pointing out the recipes they think you may want to try first.

What else is special about this issue? There's our exclusive story about the grandmother who gave birth to her own daughter's babies. On page 125, Arlette Schweitzer shares her journal of this medical marvel with the readers of LHJ. Also, there are glorious beauty and fashion pages, a life makeover plan that is honest—and inspiring—and an important financial report, "How safe is your money?"

As we went to press, I learned that LHJ, which has received so many awards recently, had just received an award from Community Action Network for our article "How to get your kids to love books," which was published in our April 1991 issue.

Why have we made some changes this issue? Only because we wanted to make the best even better.

Myrna Blyth

MYRNA BLYTH
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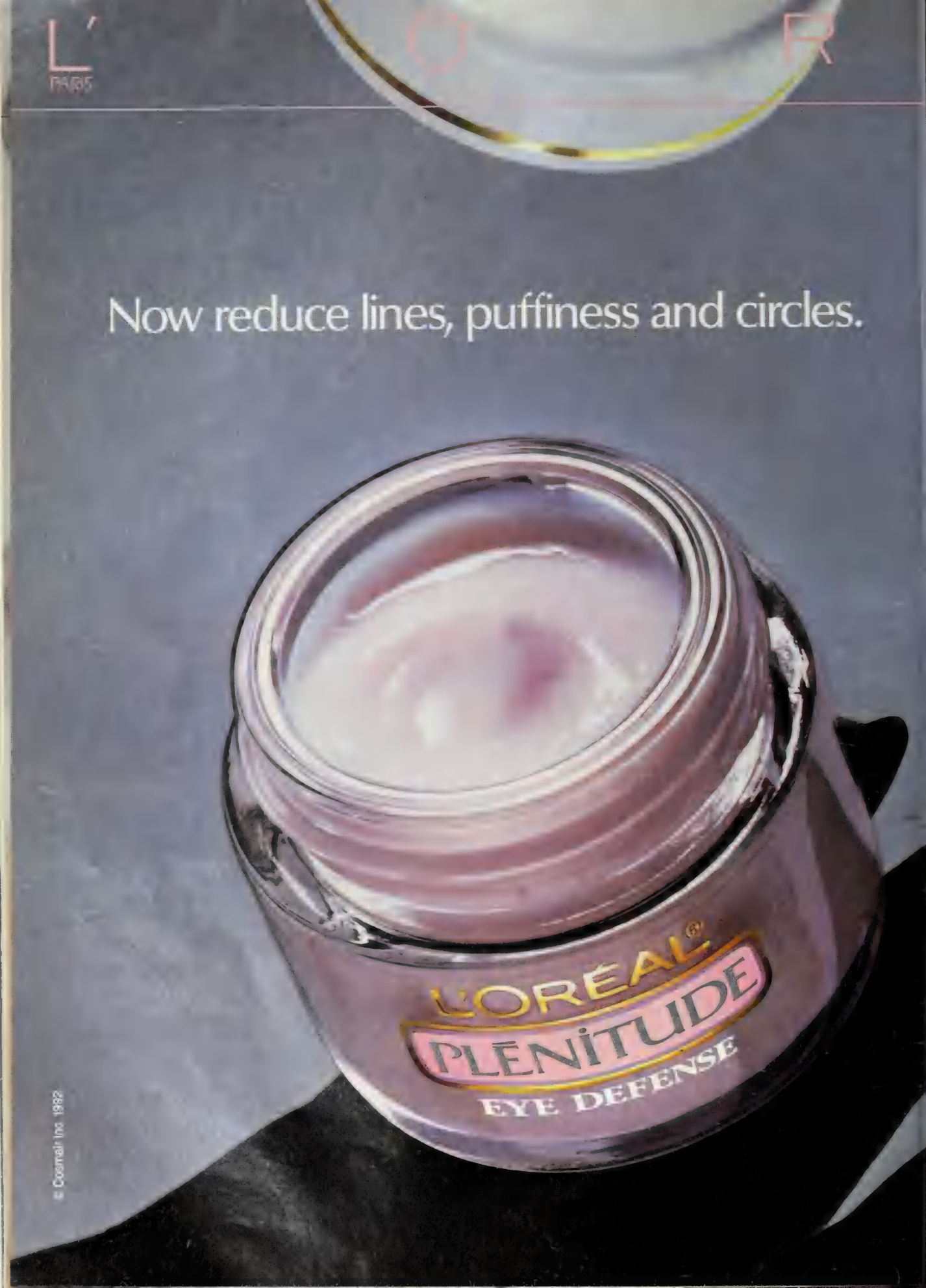
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can this marriage be saved?

"Our baby came between us"



INTRODUCED THIRTY-NINE YEARS AGO, CAN THIS MARRIAGE BE SAVED? IS THE MOST POPULAR, MOST ENDURING WOMEN'S MAGAZINE FEATURE IN THE WORLD. THIS MONTH'S CASE IS FROM THE FILES OF ESTELLE ROSEN, C.S.W., A PSYCHOTHERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

BY MARGERY D. ROSEN

LAURA'S TURN "This is supposed to be the happiest time of my life," said Laura, thirty-eight, a pretty, petite woman who barely took a breath between thoughts, "but I'm miserable.

"I have a beautiful child—Max will be two next week—and a wonderful job, but my marriage is falling apart. Stewart and I fight constantly, usually about stupid things at first, which soon escalate into all-out war. Every skirmish turns into a long, dirty battle.

"Our relationship was never like this. It's hard to believe we could have drifted so far apart.

"One of our biggest fights is about sex. Or, rather, the lack of it. Before Max, our sex life was great. But to be honest, the thought of sex rarely enters my mind these days. Either I'm thinking about the baby, or I'm too exhausted.

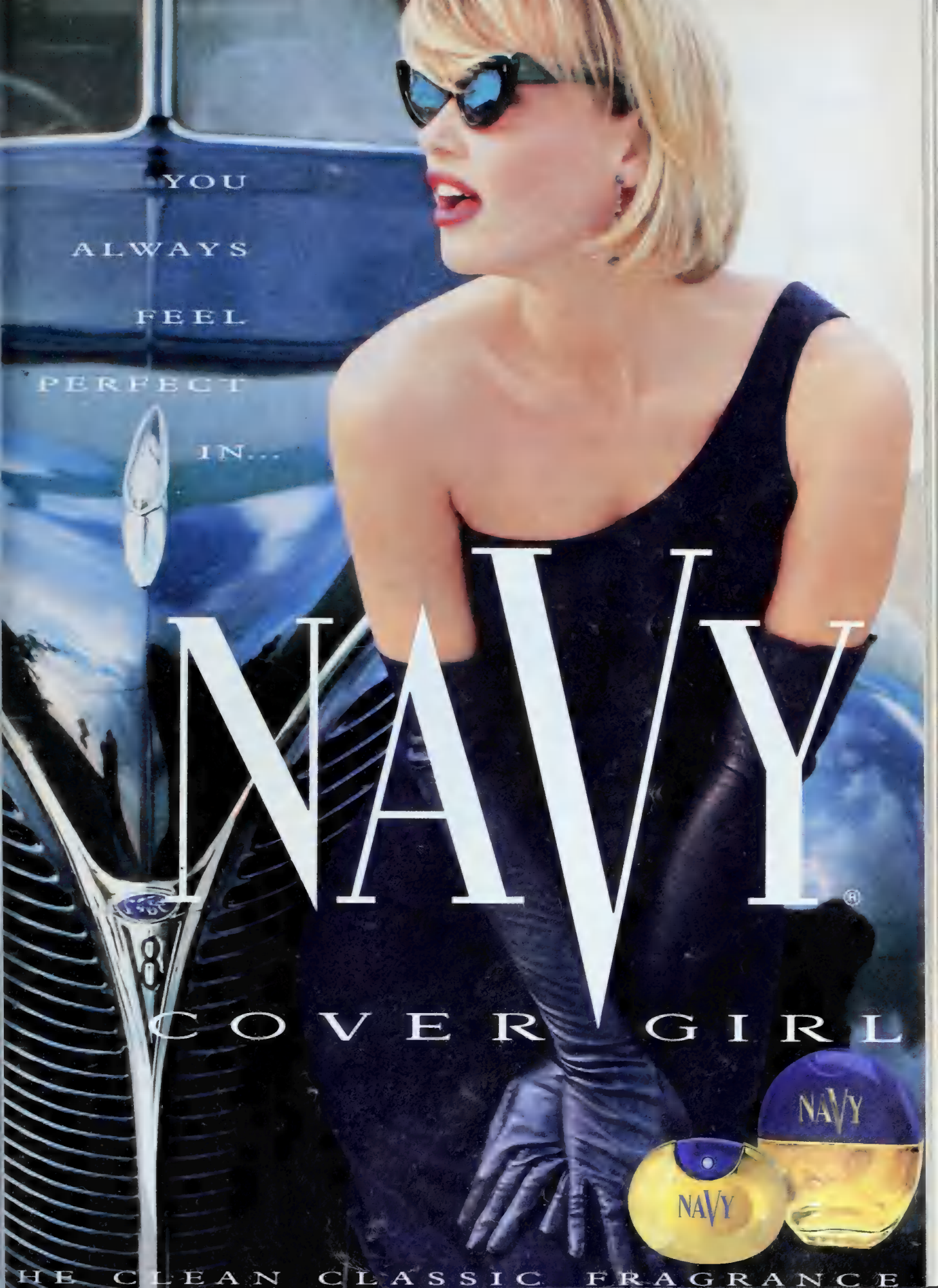
"Now that Max is two, though, I'd like to have another child, but Stewart complains I'm just using him as a baby manufacturer.

"Stewart was different from anyone I'd ever dated. We met through friends and married nine months after our first date. It was a fabulous wedding at a very elegant restaurant in the city, then we went to Bermuda for ten days. I went back to work—I'm vice-president in charge of planning and development for a large hospital—but since I was thirty-five, we wanted to start a family.

"I did get pregnant but suffered two miscarriages. I went into a tailspin after each one. Stewart took it all in stride. 'Don't worry about it, honey,' he'd say. 'It's over, let's get on with our lives.' How could he act like that? How could everyone else have healthy pregnancies and this happen to me twice?

"Finally, I got pregnant again, and this time I knew it was a healthy one. That was a fabulous time for us. I felt terrific, and even though I gained forty-six pounds, I remember this as the most idyllic time of my life. We traveled, made plans, had great sex.

"I worked up until a week before I was due, then *(continued on page 22)*


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CAN THIS MARRIAGE

continued from page 18

planned to take a two-month maternity leave. But my delivery was horrendous. After seventeen hours, the doctor decided to do a C-section.

"My recovery was awful, too. All that maternal bonding... well, it wasn't happening. I felt none of that instant love—only out of control and panicky.

"Most of all, I was, and still am, scared that my child will grow up to dislike me the way I dislike my own mother. But while I was a basket case, my husband turned out to be a natural father.

"I don't know when we started bickering; we both have tempers. I'm a yeller—my mother is, too—and Stewart can be as sarcastic as she is. But what really gets me is when he starts to tell me something and he clams up and walks out of the room.

"Ignoring me is the worst thing you can do; that was another of Mother's tactics. Mother and I had a very acrimonious relationship—she very clearly favored my sister, Judy, who I'm still not close to at all. Judy did everything Mother told her to. I was bratty, 'the selfish one,' and jealous of the attention Mother paid her.

"I was Daddy's girl, though now my father practically worships Stewart. They're best buddies. Like my father, Stewart works in his family's business—they manufacture handbags and small leather goods. Frankly, I've never liked my in-laws. Stewart's father is a tyrant. I know Stewart is unhappy and stressed out, but he idolizes his dad and keeps trying to prove himself.

"On top of this, I'm always left doing everything—the grocery shopping, remembering to make Max's appointments with the pediatrician, checking to see if he's outgrown his sneakers... Must I also remind Stewart to do the few things he promises he'll do?

"Sometimes, I don't know why I bother. When Stewart tries to help, he gets everything wrong. He takes Max to the park but forgets to take his hat or bottle of milk. He offers to watch him so I can lie down, but if Max cries, Stewart gives him juice even though it's right before dinner. Then he's not hungry when he's scheduled to eat. I keep telling him that babies like routine, but he doesn't get it. I clip articles on child care from magazines, but he never reads them.

"Then, last month, he announces that he wants to leave his father's business and start his own company. Let's be realistic. This is the kind of thing you do when you're younger. It will take years to turn a profit. Am I supposed to support all three of us?"

STEWART'S TURN "When will she ever shut up?" asked Stewart, thirty-nine, an athletic-looking man whose voice was heavy with resignation.

"Laura's constant anxiety, her panic over the littlest thing . . . I can't stand it. Life according to Laura is so hard, you'd think this was *The Grapes of Wrath*. She never stops reminding me how much she does and how little I do. If I forget to call the plumber within the time frame she deems acceptable, she hits the ceiling: 'Did you call? Why didn't you call? You know, Stewart, I do this and I do that . . .'

"I was treated like that growing up—in fact, my parents still treat me like a twelve-year-old. Both my parents were first-generation immigrants, very Old World. I was never close to them or to my sister, Marcy. Three years younger than I am, she was always the favorite; she lives around the corner from them.

"Despite all that I achieved—I was the first kid in my family to graduate from high school, not to mention an Ivy League college—I know my parents thought of me as the black sheep of the family; Marcy was the good kid and I was the bad kid.

"No one ever laughed in our house, or rarely. That's one of the things that attracted me so much to my wife: She had spunk. But for some reason I idolized my

"One day I'm going to leave, and I won't come back"



father and always dreamed about working with him. Growing up, I expected to take over the business after he retired. During vacations and over the summer, I would work in the factories and warehouses... I traveled with him to the Far East, learned four languages—I loved it.

"But things aren't working out. Yes, I'm president of the firm—but in title only. Yes, I started a new division that is making a lot of money. But my father and I don't work well together. He criticizes my ideas and the way I handle employees and embarrasses me in front of others.

"I know I have to leave. I'm not enjoying my work anymore, but I'm confused and, I guess, scared. And I'm not a kid anymore. I have a family to think about. It would be nice if my wife could support me a little. I can't talk about it with Laura, though. She gets panic-stricken.

"Laura is a perfectionist. When sh gets something in her head, there's n room for anyone else's opinion, and ce tainly not mine. I try to help, but wit Laura, I can never win. Well, guess wha I'm not going to try anymore. Period. don't need to read an article from son magazine about how to give my kid bath. Listen, I've gone to every single p diatrician's appointment Max has had, don't tell me I'm not a full partner. Sh takes me for granted, and I'm sick of it. S I forgot Max's hat. Big deal. The kid has hood on his sweatshirt. He'll live. So give him a little juice. If he eats at seve o'clock instead of six, Laura has a fit.

"And you wouldn't believe the thin that come out of her mouth. To be blun she's a bitch, hurling four-letter word telling me she hates me.

"I agree that we fight about stup things. The other night, I got so mad, put my fist through a door. Then she d mands that I tell her I'm sorry. Wel when someone says that to me, I see re That is something my parents always sai Sorry for what?

"I have trouble with her insecurity. wasn't brought up that way. You have problem, you solve it. You do what yo have to do.

"Let me tell you something: Laura m be a pain as a wife sometimes, but she's *great* mother. I don't know why sh doesn't believe it. She used to be my be friend. But now she doesn't have th slightest idea what's really bugging m We never make love; I try to be affectio ate, but she brushes me off, so lately I' stopped trying. I expected this right aft the baby. But it's been going on too lo now. No matter how much she wants a other child—and I do, too—I'm not goi to give her one unless things chang She's pushing me away. You know, o day I really am going to leave, and wher do I won't come back."

THE COUNSELOR'S TUR "What happened to Laura and Stewa happens to many couples when the pa tern of their relationship is disrupted says the counselor. "Neither one reall wanted to admit how much their lives h changed after they'd had a child.

"However, these two brought a high than usual degree of competition and sistance to change to their marriag Instead of recognizing what they were d ing and learning to compromise, each fused to bend until the other did fir Such competition is common, particula in couples who are still dealing with un solved sibling issues or who have co from homes where parents favored, or a peared to favor, one child over anoth Laura and Stewart often tried to one- each other: Who's the better parent? T better lover? Who initiated sex last tim Who will apologize first? *(continue*


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CAN THIS MARRIAGE

continued

"My goal was not to make the problems go away but rather to help Laura and Stewart lessen their duration and better deal with them. While the intensity of their conflicts was great, I sensed that, deep down, these two really loved each other. To help them become more aware of what they did have in common, as well as how much they understood each other, I asked them to make a list of what each felt the other was upset or angry about. When we went over the list, they both were on target. 'Maybe we're not so out-of-sync,' said Stewart, 'but we still don't know how to act civilly.' We set out to figure out why.

"High-strung Laura was a perfectionist who thrived on organization and control. She had always been a success—yet motherhood presented her with a host of unpredictable situations over which she had little control. (Laura saw her miscarriages as personal failures, just as she viewed every decision and action she made regarding her son as permanent and monumental.) Her new-mother anxiety was fueled by her desperation not to make the same mistakes her mother had made.

"When she became anxious, Laura fell into a pattern of thinking solely of herself. When I first met her, she was angry and jealous that her husband was so comfortable with Max, while she felt so unsteady and unsure. She had convinced herself that she wasn't a good mother, and though Stewart tried to reassure her, she couldn't hear him.

"Compounding their communication problem was the fact that Laura presented each of her worries in such a way that Stewart perceived it as nagging and frequently responded to her with a patronizing, 'It's so easy; if you can't do it, I will' attitude. This invalidated her concerns and made her feel truly out of control.

"I told Laura she had to change the way she communicated her fears to Stewart. In time, she was able to speak in a nonanxious way so he didn't automatically tune her out. He, in turn, had to listen to the feelings behind her words. To do that, he had to promise to set aside everything that he wanted to say, all his defenses and comments, and simply hear her out. This technique is called reflective listening, and in many cases, the therapy process in general can serve as a model of behavior for each partner. During a session, I listen empathetically to each person in turn. By hearing me encourage Laura to talk about her feelings, Stewart learned how to do the same at home.

"But more than speaking in a less anxious way, Laura had to develop confidence in herself as a mother. I pointed out that because of her perfectionism, Laura had a list of 'shoulds' that few people would ever attain. 'Take a look at your son,' I told her. 'He's thriving, he's happy. You must be doing something right!'

"Another factor dividing this couple was Laura's desire for her husband to help with the baby although she was unwilling to relinquish any decision-making. I explained that while Stewart's way of handling Max was different from hers, it was no less correct. If Stewart is going to take Max to the shopping center with him, let him decide if he wants to take along a bottle of milk. 'Cross that off your list, Laura,' I told her. 'You don't have to worry about everything all the time.'

"As Laura's anxiety about her mothering began to lessen, I pointed out that the distance between her and Stewart had grown because they each had different ways of dealing with problems in general, ways that were often in conflict. Laura obsessed; Stewart denied. As a result, everything became a power struggle.

Skill builders

STEPS TO FIGHTING FAIR

Do you and your husband sometimes find that little fights have a way of snowballing? You can learn to break the cycle the way Laura and Stewart did:

For one week, take turns being the one to work at resolving all arguments. "That doesn't mean you capitulate," cautions marriage counselor Estelle Rosen, C.S.W., "but you do have to find some way to move away from conflict."

How do you do that? First, park your defenses on the shelf, stop insisting on having the last word, and then figure out what, exactly, you're fighting about. Try reflective listening. Or compromise.

If the resolution is successful, each person walks away feeling a sense of self-respect. But doesn't this let one person off the hook? Not really. "When people get into power struggles, as Laura and Stewart did, they need the experience of feeling what it's like not to have the last word," explains Rosen. "In any close relationship, you must have give-and-take. You have to make a conscious decision: Does this mean more to him than it does to me? Is it really important for me to take a stand here?

"When I first met Stewart, he was de
pressed. He needed to talk about the po
sibility of his leaving the family busines
This would ease his fears about makin
the break and not being able to suppo
his family. But rather than talk wit
Laura, Stewart's inclination was to te
her one or two things, then cut short th
conversation. 'That's not a discussion,'
told him. 'Share your anxieties wit
Laura and engage her in listening to you

"At the same time, however, Laura ha
to overcome her resentment about bein
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Stewart's going off on his own was the fa
that this was in some way an abrogation
the contract they had made with each ot
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she would work, but her salary would b
the gravy. 'Many women are like this,'
told her, 'but things change. You made
commitment to each other, and if
means you have to shoulder most of th
financial responsibility until his busine
gets going, so be it.'

" 'When Stewart starts a discussio
about his work and plans for the future,'
continued, 'you must listen carefully
what he is saying and not pepper hi
with questions and let your own fears s
lence him.' 'You're right,' Laura said.
doesn't matter who makes the money. I
our money.' Stewart did leave his fathe
business at the end of last year and start
a competing firm.

"While conflict is inevitable in eve
relationship, Laura was confrontation
and personally critical, like Stewart's
ther. To resolve arguments, I gave the
an important exercise [see box, left].

"As the tension eased between them,
they learned to control their hair-trigg
tempers, they started to laugh again a
enjoy being together. Since each w
waiting for the other to make the fi
move sexually, I also gave them the
signment of taking turns seducing ea
other. This wasn't as easy as it sounc
since the power struggles between the
two were long-standing, and they we
both too proud to say, 'I need you, I wa
you.' Once they did, Laura realized hc
much she enjoyed sex with Stewart a
how much she had missed it.

"As Laura gained more confidence
her mothering abilities, she became l
rigid about schedules and stopped insi
ing things be done only her way. 'I w
trying so hard to surround us with perf
tion,' she said when we ended counseli
after a year and a half. 'I've learned tha
I just ease up on myself and everyone el
things have a way of working out.' "

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LOTIONS AND WIGS COULD NOT SOLVE MY HAIR-LOSS PROBLEM. FINALLY, I FOUND A METHOD THAT WORKS FOR ME—AND I FEEL GREAT!



BY ELLINE SURIANELLO

I watched the stylist trim my hair. The short, wispy cut looked so terrible that tears came to my eyes. It wasn't the stylist's fault. My reflection in the mirror told the real story: At twenty-nine, I was going bald. My hairline was deeply receding, and the hair on the top of my head was so scant you could see my scalp through the thin strands.

"Please don't tell anyone where you got your hair done," said the stylist as he finished. Too humiliated to speak, I walked out without leaving him a tip.

Most people consider baldness a man's problem. Yet an estimated twenty million adult women—nearly one of every five—suffer some degree of hair loss, from thinning hair and patchy bald spots to no body hair at all.

Though some hair loss can be traced to hormonal changes or medical problems, the most common cause is a hereditary condition known as androgenetic alopecia, or female pattern baldness. All my father's sisters were balding and wore scarves or topknots to cover their thinning hair. But the stigma of my baldness was so great that my friends and family never dared to acknowledge the problem.

"Your hair looks all right," people would tell me if I asked. They were lying, of course. Even when I was a small child, my hair was very sparse; my mother used to shave my head in a futile attempt to make my hair grow thicker. As I grew older, I tried everything—pills, potions, tonics, shampoos that promised to make my hair thicker. Nothing worked. Dermatologists and nutritionists could do nothing. "You just have thin hair," they'd say.

I couldn't afford a hair transplant, which can cost as much as $20,000; and Rogaine, a medication that promotes hair growth, had not yet been approved for women by the Food and Drug Administration. (Because baldness is almost twice as frequent in men, clinical trials for women were not completed until last summer, after which the drug was approved for use by women.) Besides, neither a hair transplant nor Rogaine would give me the long, thick hair I wanted so badly; at best, they would hide the thinning spots or make my hair appear to be somewhat thicker.

The hormonal changes of puberty only made my hair loss worse. While all my friends were working at department stores or fast-food restaurants, I took a job in a wig shop and spent my paychecks buying wigs in every length, color and style.

People thought I was having fun with my crazy hairpieces. No one knew how much I loathed them, especially in the summer, when my scalp would perspire and itch. I worried constantly that the fake hair was crooked or that a strong wind would blow it off. I didn't date because I couldn't bear the thought of being with a boy and having my wig come off. I didn't even go to my senior prom.

I stopped wearing wigs when I was nineteen. I hated the way I looked, but I tried to ignore the problem the same way you might ignore a run in your stockings, hoping no one will notice. I wore flashy jewelry and eccentric clothes to detract attention from my hair. After earning my business degree, I got a job in a cosmetics company.

But my problem grew even *(continued)*



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continued

worse in 1984, when I was twenty-nine. My younger sister, Terri, was killed in a robbery attempt, and the tragedy hit me hard. Since severe stress can keep the body from producing hair, I was trapped in a cycle: The more depressed I got over my sister's death, the more hair I lost, which only intensified my despair.

The following December, I discovered the solution that would change my life. I was working as an educational director of a modeling school in Houston, and one day, I noticed that some of the models appeared to have grown long hair overnight. I didn't think they were wearing wigs, because the women were shampooing their hair, blowing it dry and curling it—things I knew from experience were difficult to do with a hairpiece.

I finally asked the models what their secret was. They told me about a local stylist who had developed a new way of applying additions, hairpieces attached to a client's natural hair. Additions are available in most major cities, but this was the first time I had heard of them. Curious, I went to see the stylist.

He explained that Hollywood hairdressers had been using additions for fifty years; stars like Cher and Farrah Fawcett have reportedly worn them for movie roles. Black women use them when they weave braids into their hair by cornrowing, an African braiding method.

But while most specialists use adhesive to bond the hair onto the client's natural hair or scalp, this stylist tied the additions in place. Unlike wigs, the new hair didn't come off, and a woman could treat it almost as if it were her own.

The stylist showed me the hair he would use—human hair from Europe that was softer and thicker than that of any hairpiece I'd ever seen. My addition would be colored and permed to match my own shade and curl.

The addition wouldn't last forever, he cautioned. I would have to come back every two or three months to have the new hair tightened as my natural hair grew out; every six to twelve months, he would take it all apart by carefully breaking the knots, and redo it. The entire process would cost $600.

I went home to think it over. Was this just another fruitless hope—or worse, a scam? I'd already had so many disappointments that I wasn't sure I wanted to risk another one. Besides, it seemed like too much money to spend on myself. When I told my best friend, Eleanor, she disagreed. "You're worth it!" she insisted, and wrote me a check for $600 as a Christmas present.

The procedure took three hours. The stylist first measured my head, then added the new hair in sections. The knot tying was a little uncomfortable, but no more so than when hair is pulled through a cap for frosting or highlights. He assured me that this wouldn't *(continued)*

Hair tomorrow

One recent study of balding men and women shows that women with hair loss feel more self-conscious and less sexy than their male counterparts. The researcher, psychologist Thomas F. Cash, Ph.D., of Old Dominion University, in Norfolk, Virginia, says, "A man can look around and see other balding men, but a woman often thinks she is the only one with this problem. It's a well-kept secret."

Elline's problem—female pattern baldness—accounts for 90 to 95 percent of all female balding. Other hair-loss inducers include stress, strong medication (such as chemotherapy), poor diet, illness, pregnancy, menopause or abnormal thyroid function.

A lesser-known cause of hair loss is alopecia areata, an immune disorder of unknown origin that affects an estimated 2.5 million Americans; 50 percent of patients are women. The condition causes sudden hair loss ranging from small patches to all body hair. Though there is no cure, the disease is not life-threatening and can often be treated with such medication as cortisone. In most cases, the hair does grow again.

A dermatologist can help treat thinning hair and female pattern baldness; methods vary according to the extent of the loss. Hair additions, such as the ones Elline uses, are considered a safe alternative when applied properly by a trained professional. However, doctors caution that if additions are applied too tightly, then left on for more than a few months, the tension may cause additional hair loss.

Rogaine (2% minoxidil), now available by prescription for $45 to $60 a month, may produce hair growth or keep a thinning patch from worsening, though the results last only as long as the medication is used. Hair transplantation—taking plugs of hair from a dense hair area and grafting them onto a balding spot—can also produce good results in female patients.

For information on hair loss and treatment, contact the American Hair Loss Council, 300 Independence Place, Suite 207, Tyler, TX 75703, or phone 903-561-1107. For information on alopecia areata, contact the National Alopecia Areata Foundation, P.O. Box 150760, San Rafael, CA 94915-0760, or call 415-456-4644. For information on hair additions and a list of salons providing Le Metric System, call Elline's International Hair Systems, Inc., at 800-848-5500, ext. 888.

HOW A 40-YEAR-OLD MOTHER OF FIVE LOST WEIGHT AND WON IN A BEAUTY CONTEST.



Karlon before Dexatrim

When you're a mother of five, a grandmother, and really overweight, you don't think of entering beauty pageants. And then I discovered Dexatrim®. I'd been on all sorts of diets, nothing seemed to work. But on my 40th birthday I decided to take control. I picked up a box of Dexatrim, and checked it out with my pharmacist. He told me it really works, and that it doesn't have caffeine, so I wouldn't get the jitters. One Dexatrim a day controlled my appetite, so I was able to eat the foods I liked, just less of them. Well, I dropped down to a shapely size 6, kept the weight off, and entered the Mrs. Tennessee USA beauty pageant. I didn't win first prize, but I walked away with the Physical Fitness award. And walked away feeling really good about myself.

Karlon Steele

Karlon after Dexatrim



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Left: Here's the look I lived with most of my life. Middle: The stylist divides my hair into sections and ties the additions on piece by piece. Then it's ready to be styled any way I want. Right: the happy ending

(continued) damage my natural hair.

When it was finished, I could hardly believe that the person in the mirror was me! I shook my head. The hair didn't come off. I ran my hands through it and fluffed it up. It stayed in place. The stylist laughed and said that soon I'd believe it was my own hair.

I could hardly wait to go to Eleanor's Christmas party that night. "You look fantastic!" she cried as I walked in. I *felt* fantastic, and I couldn't imagine ever living without hair again. The very next day, I bought lots of barrettes, clips, combs and headbands.

I looked in every mirror and windowpane, marveling at my new, prettier self. For the first time in my life, I felt like a whole person. Compliments poured in. Even my parents' initial shock turned to joy. "We knew how much it bothered you," my father admitted, and I felt as though a heavy weight had been lifted off me.

For the next two years, my stylist maintained my hair. Then in 1988, my sister's murderer was brought to trial, so I moved back to my hometown of Buffalo, New York, to be with my parents. It was a difficult time for us, and I stayed to help out in my family's construction business.

I couldn't find a professional anywhere in the state who could do this type of hair addition, so I had to fly to Houston every three months to see my stylist. Then it occurred to me: With my stylist's skill and my marketing ability, maybe we could go into business to teach others how to attach hair this way.

He agreed, and within three months I had organized a two-day training session in Buffalo, with twenty-five hairdressers. But he found it difficult to teach the complicated process in that short period. He returned to Houston, and for a while he didn't return my phone calls. Then, in 1989, I was saddened to learn that he had died of cancer. (For reasons of privacy, his family asked that I not use his name.)

At his funeral, his distributor offered to supply me with hair if I planned to continue the training sessions. I still believed I could make the business work, so after I returned home, I asked four Buffalo stylists to join me. Together, we modified the technique to make it easier to teach yet achieve the same results. We called it Le Metric System, for the metric measurements we make of clients' heads to determine where to apply the additions.

We advertised the system in beauty magazines, using before-and-after photos of me. They were so effective that soon my picture was appearing in local salons and newspapers. My parents were appalled. "Now everyone will know you don't have hair!" they cried. "Yes," I said. "The time has come for someone to admit that female baldness is a problem."

The results have been astounding. Within two years, more than three hundred stylists were using our system in Buffalo, Rochester, Syracuse and Toronto. In March 1991, JCPenney decided to test-market the system; by the end of this year, Le Metric System will be available in twelve U.S. cities through independent salons.

Meanwhile, success stories keep pouring in. One woman, who hadn't been outdoors without a scarf in thirty years, saw her reflection in a store window and came running back into the salon to hug her stylist. We've heard from others whose new looks boosted their self-esteem so much that they threw away their tranquilizers, went back to school or got new jobs. Knowing that I'm changing lives gives me the greatest satisfaction of all.

Of course, not every woman with hair loss will choose additions. Wigs, surgery and medication will always be good alternatives. What's important is that balding women know that they are not alone, that they don't have to be humiliated or ashamed, and that they *can* do something about their hair loss. Someday soon, I hope to begin giving lectures on hair replacement and other cosmetic improvements to help even more women.

It's been more than six years since I discovered the wonder of having beautiful hair, but the real moment of truth came last spring, when I went to a neighborhood reunion of people I'd grown up with. "Elline," everyone kept saying, "you look great!" Tears of joy filled my eyes as I realized that for the first time, they weren't lying. ■

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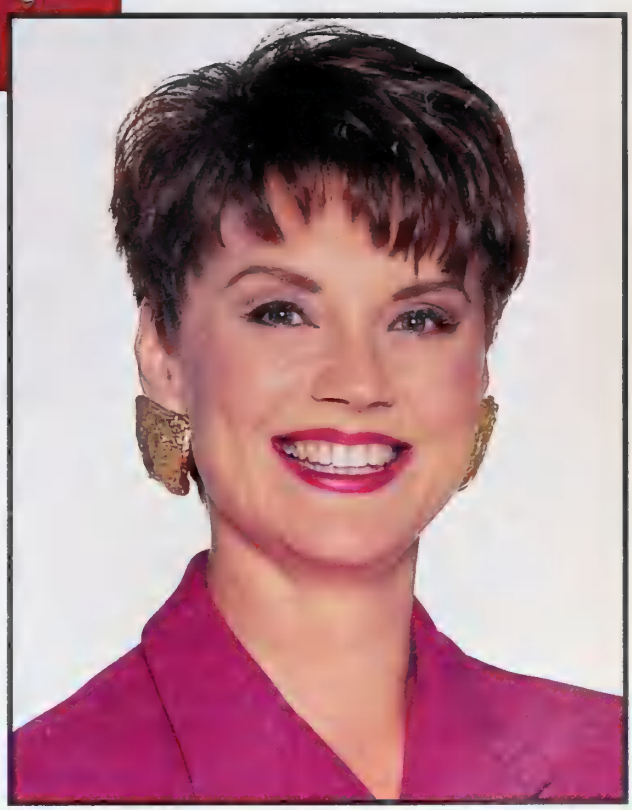

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DOVE/LHJ CLASSIC MODEL DISCOVERY CONTEST

Meet the winners



This year's contest was more popular than ever, and though it was tough to narrow down the thousands of entries, these women had what it takes. The contest, open to women over thirty, awarded first prize to Debbie Hollister, who received $25,000, a one-year modeling contract with Wilhelmina and a $5,000 Anne Klein wardrobe.



Debbie Hollister
The Colony, Texas

This thirty-six-year-old college English instructor calls winning our contest "a miracle . . . something I'd dreamed of but never thought would happen." Debbie is a natural beauty who follows these daily regimens to keep up her good looks: tooth whitener, eye gel, facial exercises and swing dancing ("great for the legs!"). We love her chicly cropped hair. "I used to have North Dallas big hair. It was traumatic to cut it , but now I love it."

All photos: Richard Dillon; makeup, Rex; hair, Pascal Ghienne for Pierre Michel; all clothing and jewelry, Anne Klein.











Like Debbie Hollister, the five runners-up have a few tried-and-true beauty tricks. First runner-up Mary Jo Conley (she's a triplet!) believes fitness is the secret to looking young. She swims and walks daily. "I don't like aerobics," she tells us. "My body is okay, but it's certainly not catsuit material." She's been gray since she was sixteen, and after years of experimenting she went back to gray. "My hair is my trademark," she says. Lupe Parcel runs six miles a day, does aerobics *and* plays tennis. Her biggest tip? "I wear light-blue contact lenses over my brown eyes. They work like makeup." Ileana Sakas is a health nut who loves sports. She grew up in Romania and played basketball for the Romanian National Team. "I used to feel gawky growing up. But when I started playing basketball, suddenly I was noticed." Anita Arends also had trouble accepting her looks when she was growing up. "I hated my hair when I was younger. Then when I turned thirty, I decided to accept it. I grew it long, and now I love it. I also hated my lips, but now big lips are in vogue!" What's Anita's beauty secret? A daily one-hour walk. Linda Teglovic dances to stay fit and says that her best beauty tip is a great lipstick. "Even if you don't have a stitch of other makeup on, you still look pulled together."

Our runners-up, clockwise from top left: First runner-up, Mary Jo Conley, 43, of Mobile, Alabama; Ileana Sakas, 35, of New York City; Anita Arends, 31, of Chester Springs, Pennsylvania; Lupe Parcel, 36, of Mesa, Arizona; Linda Teglovic, 32, of Manhattan Beach, California


PHOTO: MATTHEW ROLSTON
MILENA CANONERO
ACADEMY AWARD-WINNING
COSTUME DESIGNER
FILMS:
DICK TRACY
GODFATHER III
CLOCKWORK ORANGE
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■ The 9 West Spa Collection pump has a sporty loaferlike vamp. The higher heel back is meant to hug the foot, but it doesn't work for everyone. ■ Connie's pumps have a chunky heel, and at one inch it's about the lowest you can go. The high back can be uncomfortable. ■ Liz Claiborne's pumps are classic: a tapered 1 3/4-inch heel, quality leather. Worth the price.







A trio of "comfort" pumps: ■ The all-leather Naturalizer is a good buy: a chunky 1 1/2-inch heel and tapered square toe in patent leather. ■ Town & Country's Unpump features super flexibility, but the low vamp shows toe cleavage. ■ The Easy Spirit Treasure Pump has a 2 1/4-inch patent wedge heel and toe. You get comfort and style that are worth spending more for.

A little romance

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. . . **WITH LOVE FRED HAYMAN BEVERLY HILLS** A modern floral semi-Oriental bouquet with hints of rose, tangerine and black currant.
L'ARTE DI GUCCI A delicate scent for everyday with a seductive top note of jasmine, rose, lily of the valley and narcissus.
JOOP! POUR FEMMES A heady floral Oriental bursting with roses and orange blossoms.



Photos: Shoes, Tomin Nakamura; perfume bottle, Parfums Givenchy

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Beauty strategies



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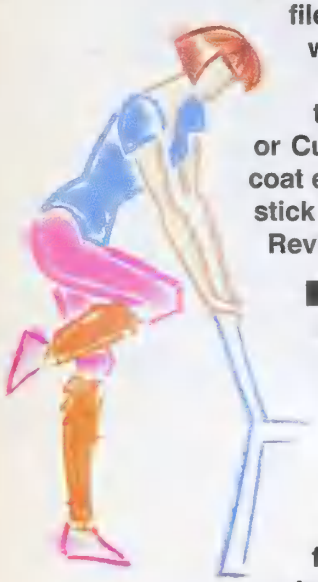
■ From now on I'm going to take great care of my skin.

Resist the lure of a tan and rely on a daily moisturizer with an SPF of at least 15. Good bets: Oil of Olay Daily UV Protectant Moisture Replenishing Cream SPF 15, Erno Laszlo Daily Moisture Protection Lotion SPF 15. For even more protection, follow with an SPF-boosted foundation. Try Elizabeth Arden Flawless Finish Daily Minimum Makeup SPF 6. L'Oréal Hydra Perfecte Protective Hydrating Makeup SPF 10 moisturizes, protects *and* covers.

See a dermatologist to examine the overall condition of your skin. If you have sun spots or fine lines, ask about Retin-A, which can lighten brown spots, help erase superficial facial lines and reduce precancerous sun-induced lesions.

■ I'm determined to get my brittle, too-short nails in show-off shape.

According to Elisa Ferri, Cutex Nail Consultant and manicurist to Madonna, you can improve your nails in just four weeks with this once-a-week routine: 1. With a buffing disk, file nails gently in one direction into a rounded square shape. 2. Soak nails in warm water and gently push back cuticles. 3. Apply two coats of a liquid fiber wrap such as L'Oréal Mega Hard Nail Treatment. Do the first coat horizontally, the second vertically. 4. Apply one coat of ridge filler—try Revlon Nail Support or Cutex Nail Primer—and one coat of top coat. Continue to apply one coat of top coat every other night. These steps help strengthen your nails while they grow. Next, stick to a nude polish for a low-maintenance, neat look. One we like: Maybelline Revitalizing Color for Nails in Nude.



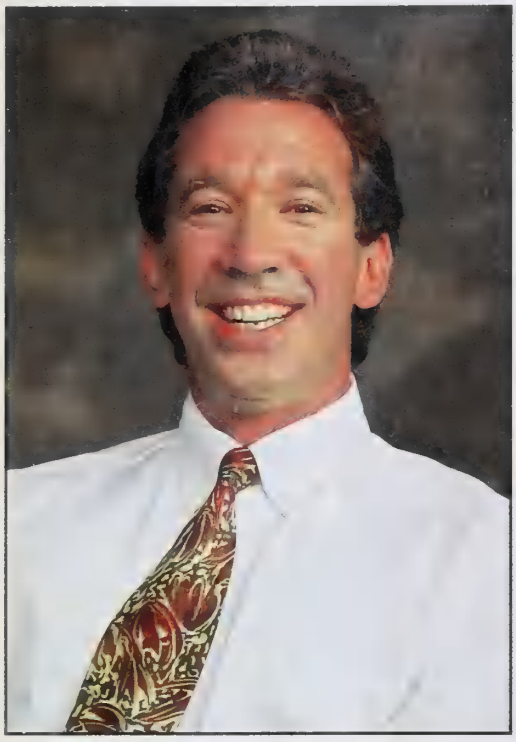
■ This winter I'm going to stick to an exercise plan.

First of all, consider your body type. If you have a curvy body, aim for a firm curvy body. You want to be fit and toned, and the best route is aerobics. Commit to three 20-minute workouts a week to burn fat. Join a gym or a swim club, buy an at-home step machine or purchase a few exercise videos—anything that will keep your interest. If you decide on a gym, consider joining with a friend for moral support. Bally's Health and Tennis Corporation has more than three hundred locations across the country. Check for the location near you by calling 800-WORKOUT. Two new fitness videos to try: Jane Fonda's Lower Body Solution and Molly Fox Fat Burning Workout.


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Dove® contains 1/4 moisturizing cream.
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what's HOT

LHJ's follow-up on current news, views, and who's whos



Tim Allen
Hollywood handyman

The only major hit of the fall TV season is an offbeat charmer: *Home Improvement*, a sitcom about a hapless handyman who's more likely to blow a fuse than fix one. Comedian Tim Allen plays Tim Taylor, host of a cable show called *Tool Time*, who can growl adorably about pneumatic air hammers and lug wrenches but then go home and detonate the dishwasher by installing an oversize motor. Moreover, that's about as close as Taylor ever gets to housework, to the amusement and annoyance of his competent wife and cute sons.

But are the two Tims alike? In some ways, yes; Allen, thirty-eight, who had a bit part in several "Mr. Goodwrench" commercials, likes to play Mr. Fix-It for real, and he, too, is no whiz at remodeling. Unlike his TV alter ego, however, Allen plays macho only for laughs. The rest of the time, he's changing his two-year-old daughter's diapers and clearing the table after dinner. "I can't imagine having a marriage that works without doing that," he says.

And while Taylor seems to bumble through life, Allen has carefully rewired his own. Today, the Michigan native has a high-powered career and a happy marriage to his college sweetheart, Laura, mother of Kady. But his sudden success was threatened almost before it began last August when a tabloid discovered that Allen has a tainted past: He was arrested for selling cocaine in 1979. Instead of running from the gossip, however, Allen decided to come forward, first to his co-workers on the show and then to his fans. By the time the story actually ran—just as *Home Improvement* was hitting the airwaves—viewers were prepared to stand by him.

Allen says he started selling small amounts of drugs in college as an easy way to make some quick cash, although he never used them himself. But life in the fast-cash lane caught up with him. He was eventually busted by undercover cops and served nearly two years in Sandstone Federal Correctional Institution, in northern Minnesota.

The comedian notes that although Sandstone *sounds* like a vacation spot, it was anything but, and Allen says he learned from the experience. "I'm glad I paid for it and got straightened out," he has said. It "started this process of deciding what was important. It was like a close call with death."

He took his first step toward *(continued)*



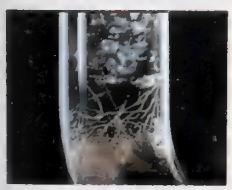
Steinem on self-esteem

FOR YEARS, GLORIA STEINEM FOUGHT BRAVELY AS A HIGH-PROFILE FEMINIST—WHILE IN PRIVATE, SHE BATTLED INTENSE FEELINGS OF WORTHLESSNESS. IN HER NEW BOOK, *REVOLUTION FROM WITHIN: A BOOK OF SELF-ESTEEM* (LITTLE, BROWN), STEINEM REVEALS HOW SHE GAINED SELF-CONFIDENCE BY LISTENING TO HER INNER VOICE. HER ADVICE: "THERE'S NOTHING WRONG WITH THE GOLDEN RULE, BUT WE NEED TO REVERSE IT. WOMEN NEED TO SAY, 'DO UNTO OURSELVES AS WE DO UNTO OTHERS.'"

—SOFIA MARCHANT

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Drano Plus after 15 minutes *The leading competitor after 30 minutes*

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what's Hot

(continued) a new life even while he was awaiting sentencing in 1979: A friend dared him to try out at a local comedy club. He did, and right away, the former sporting-goods salesman knew he'd found the right racket.

After a few years doing stand-up, he stumbled on his tools-make-the-man routine: He was bombing in front of a roomful of Goodyear tire salesmen in Akron, Ohio. He began rattling off items from a tool catalog: variable-speed routers, superpowered sanders, plumb lines. The audience responded with laughs and grunts,



TIM'S TV FAMILY, CLOCKWISE FROM BOTTOM LEFT: JONATHAN TAYLOR THOMAS, ZACHARY TY BRYAN, PATRICIA RICHARDSON AND TARAN SMITH

and Allen, reminded of the "hungry" hoots his six brothers used to make at the dinner table, had discovered his signature sound—a growling woof.

A few years later, Disney chief Michael Eisner caught his act at a Los Angeles club and offered Allen a chance to develop his own show: *Home Improvement* followed, quickly winning its way into the top ten.

Allen and his family rent a home in L.A., but they return to their "modest four-bedroom ranch" in—get this—Beverly Hills, *Michigan*, whenever they can. And although the Allens are remodeling, Tim stays away from the drill bits and circular saws. "First, I'd have to get a book about what I gotta do," he admits. "Then, I'd make four hours of mistakes and seven trips to the hardware store." Not to mention talking to all the grunting guys he'd meet along the way.

—ANDREW ABRAHAMS



It's a photo Ralph Lauren would love. When Lord Snowdon snapped Charles, Diana and the kids to mark their tour of Canada last fall, he seemed to be aiming for the natural look. But the portrait has been criticized for resembling a slick advertisement. We asked some experts to analyze what this photo really says: "They seem to want to present an image of a close-knit family; however, the photograph reveals a lot of distance between them . . . physical distance usually mirrors emotional distance."—*Alan Entin, Ph.D., family psychologist.* "Charles is looking straight at the camera . . . he is really the dominant person here. William is not comfortable, but Harry seems happy and uncomplicated. Diana is very open."—*Arlene Eakle, Ph.D., photograph-analysis expert.* "Well, the horse looks very happy."—*Stephen Kaplan, Ph.D., parapsychologist.*—LYNN PROWITT

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Bright, beautiful and enduring, each ornament makes a stunning Christmas display. And each includes both a satin ribbon for hanging on your tree and a suction cup so you can catch the sunlight in your windows.

"Rockwell's Legend of Santa" Christmas ornament collection is fully authorized by The Norman Rockwell Family Trust, and is backed by our full 365-day guarantee.

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Thomas Rockwell

Thomas Rockwell, Administrator
The Norman Rockwell Family Trust



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LSG-100

what's HOT



Beauty and the Beast

Belle's on her toes

Beauty and the Beast features a very animated lady—but she's no mere cartoon. "Belle is strong and courageous; I'd like to be more like her," says actress Paige O'Hara, who lends her voice to the heroine of the hottest Disney picture since *The Little Mermaid*. "She's way ahead of her time." And a model for our own, as well. How does Belle tame her beloved savage? "Patience," reports the actress. "She's *very* patient with him." O'Hara learned she had the part just three days after accepting a proposal from her own prince, fellow actor Michael Piontek. He's no beast, but when her husband of six months is treating her less than royally, O'Hara takes a cue from her latest role. "I try to make him laugh. That's what Belle would do." —LESLIE JAY



Paige O'Hara's soft, sweet voice soothes the savage beast

Lesley Stahl

her 60 minutes

Ever since she became a *60 Minutes* woman last year, Lesley Stahl has been banking frequent-flyer miles just like one of the guys on TV's most successful news show. She's been to Romania, where she donned a black wig and investigated baby selling, to Turkey, where she slept on the ground in a Kurdish refugee camp, to Los Angeles for a story on the homeless, to Miami to cover an exposé of police brutality.

"Miami turned out to be more dangerous than Turkey," says Stahl, fifty, relaxing for just a moment in her bright, airy office at CBS headquarters in New York. As she and associate producer Barbara Dury were on their way to an interview in the Florida city, a thief jumped into the backseat of their car. "I was screaming, 'Get out!' when Barbara deliberately crashed into a wall," Lesley recalls, shaking her head in disbelief. The man ran off, with Dury's purse and briefcase. Amazingly, when Stahl and another producer were driving away from the interview—at none other than the local police station—*another* man tried to break into the car. "Luckily," says Lesley, "this time the doors were locked!"

Stahl is not the first woman to crack the ranks of *60 Minutes*; Diane Sawyer left in 1989, after almost five years, to co-host ABC's *PrimeTime Live*, and last March, Meredith Vieira, pregnant with her second child, left the show after declining to be a full-time globe-trotter.

Stahl, married to screenwriter and author Aaron Latham for fifteen years and the mother of a fourteen-year-old daughter, Taylor, has had more practice than most at blending career and family demands. She joined CBS



in 1972 and rose through the ranks to chief White House correspondent. For eight years, this energetic woman got up at dawn on Sundays to go live on *Face the Nation* and grill the who's who of newsmakers—from Boris Yeltsin to Yasir Arafat. And now how does she like competing with heavy hitters like Morley Safer, Mike Wallace, Ed Bradley and Steve Kroft? "I'll tell you a secret," she says. "I've never been so happy in my life. I can't stop smiling. It's the best job in TV."

"Lesley's made for *(continued)*

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(continued) us," says executive producer Don Hewitt, the CBS powerhouse who created the show in 1968. "She's warm and friendly and tough."

By now, her husband and daughter are used to Lesley's whirlwind life—the breaking stories, the calls from hotels, the hurried meals. "When I met Aaron [in 1973], we were already established reporters and didn't have to change patterns," explains Lesley. And it helps that not much can surprise her husband. In 1977, right before Taylor was born, Lesley was in Puerto Rico doing a fill-in assignment for *60 Minutes*. Then, only three weeks after giving birth, she was on the road again.

"I've learned that when I'm juggling all those balls in the air, the most important thing to remember is which ones are glass and make sure they don't break," she says. "Taylor and Aaron are glass." She holds up a notepad covered by detailed lists: notes on her next story and her daughter's schedule. "I've only got this one kid, so I'd better do it right."

"I've never been so happy," says longtime journalist Stahl. "It's the best job in television."

Stahl remains close to her own mother, Dorothy Stahl, who lives in Swampscott, Massachusetts, the affluent Boston suburb where Lesley grew up. "I call her every day. She picks things I wear, even critiques the way I look on camera," says Lesley with a grin. "Ever since I was a kid, she's been telling me, 'You *can* have it all—a job, a husband and children.'"

Inspired by her mother, Lesley graduated with honors in history from Wheaton College in 1963. She then enrolled in a pre-med program at Columbia University, but found that "I couldn't touch anything in anatomy classes—the smell disgusted me. After a year and a quarter, it was clear I didn't like it." She dropped out and married a doctor, but they divorced after two years.

Shortly thereafter, Lesley took a job writing speeches for then–New York City mayor John Lindsay. "That's when I got my first real contact with reporters. I realized, 'That's me! How come no one ever told me about journalism?' Since that click in 1967, I knew I had to be a reporter—it's the only profession for me."

The NBC election unit was gearing up in 1968 and hired her to be a researcher/writer. Subsequently, Lesley became a field producer for the Huntley-Brinkley news show, a producer at a CBS affiliate in Boston, and an on-air reporter. CBS transferred her to Washington, D.C., in 1972, just when the FCC was forcing stations to open their doors to women and minorities. Her fellow cub reporters in the "Class of '72" were Connie Chung and Bernard Shaw.

Three months later, Lesley was assigned a seemingly minor local story that she ended up covering for over two years—Watergate. "During that time, Lesley got a reputation as an incredibly hard worker," remembers Washington Bureau Manager Barbara Cohen. "And she hasn't stopped working since." As hard-driving as she is, though, she still finds time for her friends. "Lesley goes out of her way to help others," adds college friend Esther Newberg, a top literary agent. "And she throws the best dinner parties"—which she never cooks. Her passport is filled with visas from around the world, but to Lesley, the kitchen remains foreign territory.

"Who has time to read cookbooks?" asks Lesley, sitting near a stack of empty Chinese-food cartons. "Luckily, I do read the menu before sending out for food!" —DONNA ROSENTHAL

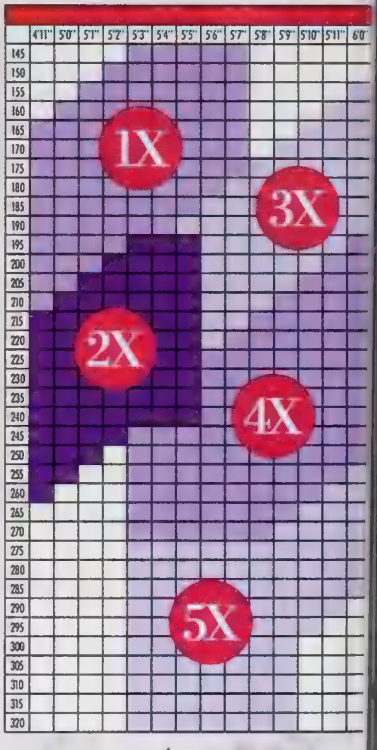
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How to remodel your life



No, it's not easy to mend your stressful, high-fat ways. But you can change, despite setbacks, like these three determined women did.
By Linda Marsa

As we all should know by now, miraculous weight loss happens primarily in places like the Oprah Winfrey show. And as Oprah herself has ruefully discovered, transformation is not that easy. The only way to get fit and healthy and remain that way is to make a permanent commitment to eating, exercising and living sensibly.

To learn how we all can hurdle the obstacles and remake our lives, Ladies' Home Journal offered three readers an eight-week chance to improve their lifestyles and their health. None achieved a complete transformation—but they all feel and look better. More important, they're now committed to long-term change—the kind that really counts. Here are their stories.

ANN ROBINSON
Greensboro, North Carolina
Age: 35
Free-lance copywriter, mother of two
Goals:
✓ REDUCE STRESS
✓ BUILD UP STRENGTH

Ann's schedule was so hectic, she never seemed to have a moment to catch her breath. She rose at five-thirty every morning, then spent hours hunched over her computer, racing to meet deadlines. She also had to run the household and tend to her two sons, twenty-three-month-old Will and thirteen-month-old Patrick. As for food, Ann ate on the run—often just wolfing down a piece of toast or grabbing a quick sandwich. Not surprisingly, she was too thin and suffered from chronic fatigue and lower-back pain.

Eager for change, she volunteered to participate in our program so she could learn how to handle stress, manage her time more efficiently and begin eating and exercising regularly. "Since stress-related problems are cumulative, I want to learn to deal with them now—before they escalate into something serious," she said. Ann decided to seek help at the Duke University Diet and Fitness Center (DFC), in Durham, a *(continued)*

If you're going to make over your life, you must make over your menus. These fast, easy recipes from top health centers will help you get started in creating low-fat, high-flavor meals the whole family will enjoy

(BONUS: WE'VE ADDED DIABETIC EXCHANGES TO OUR NUTRITIONAL BREAKDOWN.)

DRESSING FOR SUCCESS

Buttermilk and low-fat yogurt are lifesavers for fans of creamy-style salad dressing. This calcium-rich, low-sodium version keeps for a week in the refrigerator; it makes a great dip for vegetables, too.



In blender, combine $^{2}/_{3}$ cup plain nonfat yogurt, $^{2}/_{3}$ cup buttermilk, *(continued)*

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(continued) forty-minute drive from her home. "Initially, Ann looked extremely tired and physically run-down," says DFC director Michael Hamilton, M.D. "Although she was in good health, she was about ten pounds underweight and lacked muscle tone." Ann had also depleted her stores of iron and calcium since she'd had her children so close together.

After giving her a thorough physical exam, the DFC staff prescribed a comprehensive plan to help Ann take control. "Food was an absolute last priority for her," says Michele Marshall Puddle, a clinical dietitian at DFC. Puddle encouraged Ann to eat a healthy breakfast, including such foods as yogurt, low-fat milk and frozen waffles. She suggested nutritious snacks like fruit, juice, and crackers with cheese or peanut butter.

DFC fitness director Peggy Keating prescribed a moderate exercise program to help relieve tension and build endurance. Her recommendations included a yoga class, three or four aerobic-exercise sessions per week, and a series of strength-training moves that could be done with hand weights.

Probably the most important thing for Ann was learning to be good to herself. Once a week, she went to the center in Durham, had a massage and met with psychologist Ronette L. Kolotkin, Ph.D., to learn stress-management techniques. Ann's biggest problem, according to Kolotkin, was that she needed breathing room—time away from her kids and time alone with her husband. "I felt I had to be the perfect mom and be involved with everything," Ann says. "But the counseling gave me permission to make time for myself."

The trip itself was step one in Ann's new outlook. At first, she worried how she'd find time. "But the drive turned out to be a lovely break," Ann says. "And while I thought of the massages as a luxury, my muscles would get so tight, I realized they were a necessity."

At the end of eight weeks, Ann reported that she was much more relaxed and her back felt better. She had gained three needed pounds, and skinfold measurement tests showed that 2 ½ of those pounds were healthy, lean muscle mass, bringing her weight up to 119. On the day Ann finished the eight-week program, her husband, Russ, was sworn in as an attorney in North Carolina. Says Ann: "It was graduation day to a new life for both of us."

After the program ended, Ann's success spurred Russ to buy her a bicycle. She also modified her exercise regimen to incorporate activities she particularly enjoys. These days, Ann takes a brisk thirty- to forty-five-minute walk once a week, and on weekends the couple go bike riding with the kids in jumpseats. "I felt so stressed and out of shape that I didn't know where to begin to change my life," she says. "Having a plan helped me to get moving, and now I have a better idea of how to keep my life in balance."

The stress-less life

Developing a new outlook is the key to a lifestyle makeover. Here's how.

- Set priorities. If you're overweight, under stress and a slave to cigarettes, you can't expect to change years of poor habits overnight. Concentrate on one health problem at a time.
- Learn how to relax. Take time out to meditate or just listen to music each day. And try not to let little annoyances get to you—carry a book or a Walkman in case you're stuck in bank or supermarket lines.
- Reward yourself for progress. Buy new earrings or get a manicure.
- Don't give up. If you do go off your diet occasionally or find you can't exercise for a few days, it's not a disaster.

(continued) 2 tablespoons reduced-calorie mayonnaise, 1 tablespoon chopped fresh parsley, 1 small garlic clove, minced, and a pinch *each* oregano and basil. Process just until combined. Refrigerate 1 hour before serving. Makes 1 1/2 cups.

Per 2 T		Daily goal
Calories	20	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	2 mg	300 mg or less
Sodium	38 mg	2,400 mg or less
Carb.	2 mg	250 g or more
Protein	1 g	55 g to 90 g

From THE CHEZ EDDY LIVING HEART COOKBOOK, by Antonio Gotto, Jr., M.D. Copyright © 1991 TMH Enterprises, Inc. Reprinted by permission of Prentice Hall Press/Simon & Schuster Inc.

TORTILLA FLATS

We use mashed black beans in these open-face tacos instead of traditional refried beans.

Preheat oven to 450°F. Mash 1 can (15 or 16 oz.) black beans, drained and rinsed, and 1/2 teaspoon chili powder in bowl to combine. Arrange six 6-inch corn tortillas in a single layer on cookie sheet. Spread each with 2 generous tablespoons bean mixture. Sprinkle 1/4 cup chopped fresh cilantro over



tortillas. Cut 1 lime into 6 wedges, then squeeze 1 wedge over each tortilla. Top each with 1 generous tablespoon chopped green chilies with their liquid, then 1 tablespoon shredded Cheddar cheese. Bake 5 minutes or *(continued)*



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Getting fit

Exercise is the key to keeping weight off. Best ways to stick to a routine:

- Pace yourself. Tailor your program to your current fitness level, then build up slowly.
- Stick to a schedule. Get a buddy if you tend to lose motivation.
- Find activities you genuinely enjoy; exercise should be a pleasure, not a chore. Include games like tennis or volleyball and take scenic hikes.
- Don't compare yourself with other exercisers—you don't have to run marathons to be fit.
- Find ways to sneak in physical activity every day. Climb stairs instead of taking the elevator; ride a bike when doing local errands.
- Stop smoking. Nothing can improve your health more. Keep trying—those who've done it say you can eventually succeed.

SHARON MARTINSON
West Des Moines, Iowa
Age: 43
Mailroom clerk, mother of two

Goals:
✓ LOSE 20 POUNDS
✓ REDUCE CHOLESTEROL

Sharon was working long hours at the Iowa Farm Bureau Federation, an insurance company near her home, and it was taking a toll on her health. In addition to pounding headaches, she was in terrible physical shape. At 164 pounds, Sharon was carrying around twenty-five to thirty extra pounds on her five-foot-four-inch frame. She also smoked about half a pack of cigarettes a day, and her diet was high in both fat and calories. The only exercise she got was running errands at work.

When we asked Sharon to participate in our program, she was willing to give it a try. "I'm not ready to quit smoking yet," she said. "But I'd like to get into a routine of regular exercise and eating right." Luckily, Sharon's employer had an on-site wellness program, so she decided to enroll. "Convenience was a big factor," she says. "Otherwise, I might not have kept it up."

First, the program's exercise specialists put Sharon through a series of tests to determine her physical capabilities. The findings were rather dismal. For one thing, Sharon's aerobic capacity was about 65 percent below average for women in her age group, and her body-fat level was 39 percent, at least 15 points higher than it should have been.

The staffers designed a program to help her lose weight slowly and gradually boost aerobic capacity.

Sharon's initial exercise regimen consisted of walking briskly around the employees' jogging track for just ten minutes a day, three days a week. Even this was difficult. *(continued)*

(continued) until cheese is melted. Serve with fresh or bottled salsa. Makes 6 servings.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	7 mg	300 mg or less
Sodium	333 mg	2,400 mg or less
Carb.	7 mg	250 g or more
Protein	7 g	55 g to 90 g

Exchanges: 1 1/4 starch, 1 vegetable, 1/2 fat

From THE DUKE UNIVERSITY MEDICAL CENTER BOOK OF DIET AND FITNESS, by Michael Hamilton, M.D., M.P.H., Ronette L. Kolotkin, Ph.D.; Dianne F. Cogburn, M.P.H., R.D.; D.T. Moore, M.S.; with Kathryn Watterson. Copyright © 1990 by the Duke University Medical Center and Engel & Engel, Inc. Reprinted by permission of Ballantine Books.

SUPER SOUP

A hearty version of German potato soup. Serve with one ounce low-fat ham on crusty bread with grainy mustard.

Heat 3 tablespoons vegetable oil in large saucepot over medium heat. Add 3 cups thinly sliced leeks (white part only) and 1 cup each thinly sliced carrots and celery; cook, stirring



occasionally, until tender but not brown, 10 minutes. Add 6 cups low-sodium chicken broth, 4 cups peeled, diced potatoes and 1/4 teaspoon freshly ground pepper. Bring to boil; reduce heat, cover and simmer until vegetables are very tender, 15 to 20 minutes. Transfer to blender in small batches and blend until smooth. Sprinkle with 1/2 cup *(continued)*



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(continued) "Those first few days, I was exhausted. When I finished it, took me ten minutes to catch my breath, and when I got home, I'd collapse in bed."

To keep herself motivated, Sharon recruited a friend from work as an exercise partner. "Lisa and I talk while we walk, which makes it more fun," she says. By week two, Sharon felt good enough to walk fifteen minutes a day, four days a week, and by week three, they boosted the sessions to a half hour.

Sharon also started following a diet called Think Light, designed to take the guesswork out of proper eating. It includes twelve weeks of daily menus, shopping lists and recipes for nutritious, low-calorie meals, such as turkey pasta salad, spinach lasagne and Indonesian peanut chicken. By the end of the second week, Sharon saw a noticeable difference in herself. Her clothes were looser, and her scale already registered a three-pound drop.

Unfortunately, Sharon suffered a serious setback at week four. She developed a severe kidney and bladder infection, became severely dehydrated and spent five days in the hospital. After she returned home, she was still quite sick, and too weak to exercise. Although Sharon lost some of the progress she had made in the first weeks of the program, she did hang on to some modest changes. At the end of eight weeks, her cholesterol level had dropped more than 25 points, to 144, and she had maintained a two-pound weight loss.

Sharon's experience underscores how tricky it can be to change years of bad habits, especially when outside events intervene. But Sharon says she got a lot out of the program. "I'm getting right back on it as soon as I feel well," she vows. "I went into this to learn about myself and my body—and I have. Now I know how to control my eating, my exercising, and my stress. It's not that difficult—you just have to do it day by day."



MYRNA WASHINGTON
Cleveland, Ohio
Age: 54
Secretarial supervisor, mother of three

GOALS:
✓ LOSE WEIGHT
✓ REDUCE BLOOD PRESSURE

Two years ago, Myrna, who suffers from high blood pressure, discovered that the chills, shakiness and fatigue she was experiencing were triggered by diabetes. At that point, Myrna realized she needed to make some substantive changes. A divorced mother of three grown sons, Myrna works at the Cleveland Clinic Foundation, a medical research and patient-care facility. Despite being in such a health-conscious environment, Myrna often skipped breakfast, ate fatty foods and snacked on chips and other junk foods. Although she made sporadic attempts to exercise and lose weight, she just couldn't keep it up.

So when we asked Myrna if she wanted to participate in the self-improvement regimen, she jumped at the chance. "I don't have any time to fool around," she admitted.

Since Myrna was fortunate enough to have a wellness program and a gym where she works, she decided to take advantage of it. Myrna's physical examination showed that at 170 pounds, she was thirty to *(continued on page 72)*

(continued) chopped fresh parsley. Makes 10 cups.

Per 1-cup serving		Daily goal
Calories	130	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	57 mg	2,400 mg or less
Carb.	18 mg	250 g or more
Protein	3 g	55 g to 90 g

Exchanges: 1/2 starch, 2 vegetable

From THE DUKE UNIVERSITY MEDICAL CENTER BOOK OF DIET AND FITNESS.

OUT OF THE FRYING PAN . . .

These crunchy "fried" scallops are oven-baked. Buttermilk-garlic batter adds subtle flavor.

Preheat oven to 500°F. Combine 1/2 cup buttermilk and 1/2 teaspoon minced garlic in small bowl. Rinse



scallops and pat dry.

Meanwhile, spray shallow baking pan with vegetable cooking spray. Soak 1 pound sea scallops in buttermilk mixture. Place 1/2 cup plain dry bread crumbs in shallow dish. Drain scallops and roll in bread crumbs. Arrange in pan and sprinkle with paprika. Bake 8 to 10 minutes, until opaque throughout. Sprinkle with 2 tablespoons fresh parsley and serve with lemon wedges. Makes 4 servings.

Per serving		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	39 mg	300 mg or less
Sodium	308 mg	2,400 mg or less
Carb.	13 mg	250 g or more
Protein	22 g	55 g to 90 g

Exchanges: 1/2 starch, 2 1/2 lean meat.


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Stouffer's® dishes taste so much like delicious home cooking because we cook with the same care you would. Our famous Lasagna starts with homemade noodles, three kinds of 100% natural cheese, and a rich, full-bodied tomato sauce no one's come close to duplicating. We even layer the noodles by hand, just like you would. No wonder more people trust Stouffer's to do the cooking when they can't.

Stouffer's





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A6121

The final Picture-Perfect Baby *at a price you can't resist!*

Dressed in frills from head to toe, "Danielle" is waiting like a little lady on the front porch for Grandma to arrive. She's much too excited to sit patiently, though, so she pulls off her fancy sock and discovers a new way to have some fun.

"Danielle" is the final issue in the award-winning *Yolanda's Picture-Perfect Babies*® doll collection by America's Foremost Dollmaker, Yolanda Bello.



Quality Craftsmanship in Every Detail

"Danielle's" head, arms, and legs are hand-cast bisque porcelain of natural black skin tone, skillfully hand-painted to enhance this baby's gentle expression of discovery. Her warm, brown hand-set eyes are full of affection, and her head is slightly tilted as she glances up for Mommy's approval. "Danielle" wears a hand-tailored cotton-blend floral print dress, reverse-print bonnet and pantalettes, ivory lace pinafore, and knit socks. Her outfit is trimmed in two colors of ribbon, tiny satin rosebuds, and ribbon-woven lace.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "Danielle" has earned the *Standards'* highest rating for artistry and craftsmanship — Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship — such as "Danielle" and other Premiere Grade dolls — have excellent potential to appreciate.

Bear in mind that "Danielle" is the final issue in the same collection as the exceptional baby dolls we recommended in the chart below. "Danielle" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Danielle" can be yours to cherish for only $69.00 — an extraordinary value for a porcelain baby doll by this renowned artist.

To order, simply complete and mail the attached Reservation Certificate. But hurry... "Danielle" is issued in an edition ending forever in 1992, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Doll	Artist	Edition End	Issue Price	Average Market Value*	Change
"Heather"	Yolanda Bello	1987	$48	$427	+$379
"Jennifer"	Yolanda Bello	1988	$58	$365	+$307
"Sarah"	Yolanda Bello	1989	$58	$151	+$93

*Source: August, 1991 survey of registered sales by select doll dealers nationwide. Prices quoted above are based on relatively few sales by leading doll dealers and reflect the law of supply and demand; actual resale prices realized by individual collectors may be lower.

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February 29, 1992

YES, please enter my reservation for "Danielle" from the *Yolanda's Picture-Perfect Babies*® collection. Limit one. I understand that I need SEND NO MONEY NOW. I will pay for "Danielle" in four convenient monthly installments of $17.25* each, the first being billed before shipment of the doll.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Danielle" to the Ashton-Drake Galleries at any time within ***one full year*** after I receive her for a refund or credit of the full purchase price, including postage.

X _____
Signature Date

Name (please print) Telephone ( )

Address Apt. No.

City State Zip

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $95.00 plus postage and handling and any applicable sales tax.

76121-D98088

(continued from page 64) forty pounds overweight for her age and height, and her blood pressure was high.

To help Myrna get on track, experts at the program designed a low-impact exercise routine to boost her endurance without triggering the joint or orthopedic problems that can occur when an overweight person works out too hard, too fast. Specifically, they suggested that she exercise six days a week for two brief sessions each day, walking on a treadmill or riding a stationary bike for twenty minutes each time. She could also attend a forty-five-minute water-aerobics class.

For the first week, Myrna showed up faithfully at the gym, and by the end of each day, she was exhausted and her muscles ached. By the second week, however, Myrna didn't feel as tired. Even better, her scale registered an eight-pound loss, her clothes felt looser and her arms were becoming more muscular. Within a month, she had dropped three more pounds and was actually enjoying her workouts.

During this time, she also began monitoring her fat intake and eating more fruits and vegetables. Her biggest meal of the day was lunch, and Myrna usually brought a large chopped-vegetable salad with low-calorie dressing, along with a baked potato topped with a butter substitute. For dinner she opted for broiled chicken or fish with rice and vegetables. "I tried to avoid all the candy and cake everyone brings to work," Myrna says. "But if I had cake for someone's birthday, I wouldn't eat a whole slice."

In August, just when things were going well, Myrna went on a three-week vacation. Like many dieters, she discovered that having less structure wreaked near-havoc on the good habits she had cultivated. "I tried to watch myself, but I was eating a lot and I did gain back four pounds," she says."And it's hard to get back in the swing."

However, she did just that once she returned to work, and her renewed commitment paid off. At the end of eight weeks, her physical condition had improved considerably. Her body-fat level dropped from 33 percent to 31 percent, her aerobic capacity was 12.5 percent higher than when she began the program, and her blood pressure dropped from 156/116 to 152/106. While that might not sound like much, her doctor said the decrease in the bottom number was especially important.

After she finished the eight-week program, Myrna was disappointed with her six-pound net weight loss—but she realized she had made a commitment to reversing decades of poor health habits. She enrolled in a beginners' swimming class and plans to achieve her goal weight of 130 pounds by this summer. Her only regret is that she didn't take control of her health ten years ago. "I might not have some of the symptoms I do now," she says. "But at least I've made a start on a new life."

Weight control

A diet is not a temporary measure. The maintenance phase is lifelong. These tips will help you stay on track:

- Set realistic goals. Determine your ideal weight by your age and body type—not some model's.
- Resist fats and sweets.These are the biggest diet enemies.
- Monitor what you eat. Keeping a food diary will help you spot problems.
- Plan meals. Spur-of-the-moment splurges can derail anyone. Brown-bag your lunch, and load your larder with low-fat pretzels, popcorn, rice cakes and veggies.
- Don't do it alone. Enlist help from family, friends or support groups. Tell loved ones not to tempt you with treats.

(continued)

From THE AMERICAN HEART ASSOCIATION COOKBOOK; Fifth Edition New and Revised, edited by Mary Winston, Ed.D. Copyright © 1973, 1975, 1979, 1984, 1991 by the American Heart Association. Reprinted with the permission of Times Books, a division of Random House, Inc.

HOT-PEPPER PORK

Lean pork tenderloin with a sweet-chile twist.

Cut 1 pound pork tenderloin, trimmed of fat, into eight 2-ounce slices; flatten to 1-inch thick if necessary.

Spray large nonstick skillet with vegetable cooking spray. Heat skillet over high heat until almost smoking. Add pork. Reduce heat to medium; cover and cook 5 minutes. Turn pork and cook covered 5 minutes more. Transfer to serving plate



and keep warm. Add 1 1/2 cups cranberries, 1/4 cup water and 3 tablespoons sugar to skillet; cook until cranberries pop, 3 to 5 minutes. Stir in 1/4 cup jalapeno pepper jelly until melted. Serve with pork and garnish with orange slices and cilantro sprig. Makes 4 servings.

Per serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1g	20 g or less (F); 23 g or less (M)
Cholesterol	73 mg	300 mg or less
Sodium	59 mg	2,400 mg or less
Carb.	28 mg	250 g or more
Protein	24 g	55 g to 90 g

Exchanges: 3 lean meat, 1 1/2 fruit

From THE CHEZ EDDY COOKBOOK.

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What every woman must know about her body

Gynecological troubles can be merely annoying—or life-threatening. Here, a complete guide to what common OB/GYN symptoms mean and how to treat them



BY NANCY GAGLIARDI

It happens sooner or later. Some gynecological symptom—abdominal cramps, vaginal discharge, spotting between periods—starts you wondering if something is seriously wrong. Although any of the above symptoms should be reported to your gynecologist, they don't necessarily signal a dire disease. In most cases, they simply indicate a problem that's easily treated.

To help you gauge the significance of these warning signs, we've compiled a primer of gynecological conditions, as well as a chart of the most common symptoms and what they mean.

BARTHOLIN'S CYST

Bartholin's glands, located on either side of the opening of the vagina, secrete a lubricant in anticipation of intercourse. When they become inflamed or infected, their ducts swell shut, trapping secretions and producing a lump on the labia. It may be a small, painless, egg-shaped lump, a cyst or, less frequently, an abscess, an extremely painful growth that can sometimes swell larger than an egg.

Cause: Often, one of the glands becomes infected for no apparent reason. But the cyst or abscess may be caused by sexually transmitted diseases (STDs) such as gonorrhea or chlamydia.

Treatment: Treatment depends on whether a cyst or abscess is present. Cysts may clear up on their own—it's necessary to see a doctor only if the cyst bothers you or to rule out other conditions, such as a benign or cancerous tumor. In the case of an abscess, medical treatment is necessary. A doctor may perform surgery to drain the abscess and prevent recurrence. She or he may also prescribe antibiotics to clear up the infection, and will determine whether an STD is present. To prevent a cyst or abscess, it is important that a woman practice good hygiene—bathe regularly and wipe from front to back when using the toilet. To reduce the chance of contracting STDs, a woman should have sex only with a partner who has tested *(continued)*

ADVERTISEMENT

WOMEN'S HEALTH NEWS

Monistat® 7 is available without a prescription.

Over 12 million women will suffer from the effects of vaginal yeast infections this year. If you're one of them, you can take some comfort in knowing you're not alone.

No woman is immune nor can any woman predict how or if she'll ever get a yeast infection. But the statistics aren't encouraging: 75% of all women will get at least one yeast infection in their lifetime.

THE YOGURT REMEDY AND TIGHT JEANS MYTH

There are popular myths about yeast infections that have been passed down from generation to generation.

For example, some people believe eating yogurt or drinking cranberry juice or wearing loose jeans will guard against a yeast infection.

But the best advice if you get a feminine yeast infection is to look for a cure, not something that simply relieves symptoms.

WHEN TO SEE YOUR DOCTOR

The best approach to follow should symptoms present themselves is to call your doctor if you're a first-time sufferer. After a physical exam, your physician will probably recommend an antifungal cure.

TRUST THE CURE YOU KNOW

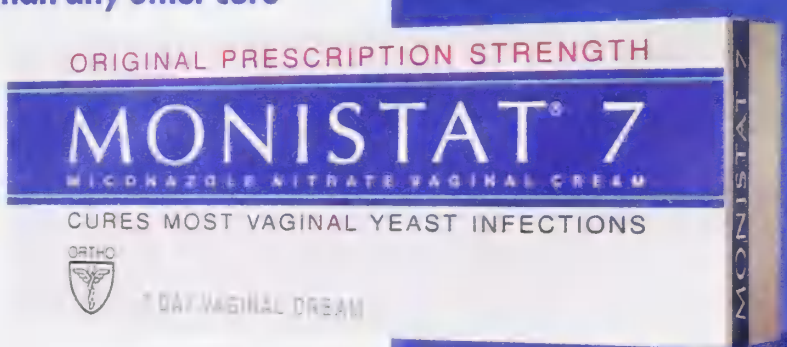
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"A yeast infection almost ruined my vacation."

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Use only as directed.

negative for STDs (men are often symptomless). If a woman is unsure of her partner, she should see that he uses a latex condom (natural-skin condoms may allow transmission of the microorganisms that cause STDs).

CHLAMYDIA This is one of the most rampant STDs in the U.S., with an estimated three to four million new cases reported annually. You may experience a burning sensation when urinating and a yellowish discharge, but it can inhabit a woman's body without producing symptoms (80 percent of infected women experience none). If not detected and treated, chlamydia can lead to complications that include infertility and even death.
Cause: *Chlamydia trachomatis*, the bacterial culprit, is passed during intercourse by an infected partner.
Treatment: Antibiotics. Tetracycline and doxycycline are the drugs of choice; both partners must be treated. A Pap test will not indicate the presence of chlamydia. Women who have been sexually active with more than one partner (or whose partners have been active) should ask their doctors to test them for the infection. As with all STDs, a woman will more likely avoid chlamydia if she has sex with a partner who has been tested and who uses a latex condom.

DYSMENORRHEA The medical term for extremely painful cramps—contractions of the uterus—that can accompany menstruation, dysmenorrhea often causes dizziness, sweating and other symptoms. Pain may also occur when the cervix dilates to allow passage of a blood clot.
Cause: The cause is likely to be high levels of prostaglandins, hormone-like fatty acids that our bodies produce in response to the hormones of menstruation, among other things. Stress is also a factor, as highly stressed women usually complain of more severe menstrual cramps than do women who are relaxed. (Some cases of cramps are caused by other conditions, such as endometriosis—in which uterine tissue migrates outside the uterus—fibroids, abnormalities in the uterus, IUDs and pelvic infections. These require surgical or drug treatment.)
Treatment: For ordinary cramps, drugs such as aspirin and ibuprofen inhibit prostaglandin release and thus reduce contractions. They are most effective when taken before the prostaglandins enter the system—a woman might take two aspirin (or one or two ibuprofen tablets) four times a day beginning twenty-four hours before her period is due and throughout the first day or two. If a woman has an irregular cycle, she should start taking medication as soon as her period begins. Heat and hot baths may ease discomfort. Women who cope effectively with stress and exercise regularly may also suffer less cramping. In severe cases, a doctor may prescribe prescription-strength nonsteroidal anti-inflammatory drugs such as naproxen.

Another treatment is birth control pills; experts believe that the reason few women suffer from dysmenorrhea today is that millions now take the Pill.

FIBROIDS Doctors say that as many as half the women in the U.S. may have fibroid tumors but don't know it because they have few, if any, symptoms. Fibroids are benign growths of uterine muscle tissue and can range from tiny to the size of a watermelon. They are usually spotted during a pelvic examination.
Cause: Unknown, although they seem to run in families. They usually shrink after menopause, when the normal production of estrogen is greatly reduced.
Treatment: If they cause no side effects, none. If they bleed or are uncomfortably large, or if they impair fertility by blocking the Fallopian tubes, surgery or drug treatment is recommended.

GENITAL WARTS Between *(continued)*



hat's your complaint? Our chart lists some possible conditions and the most common symptoms you may experience. nce symptoms vary from woman to woman, see your doctor for a definitive diagnosis.

OSSIBLE ONDITION	BLOATING	ABDOMINAL PAIN/ SWELLING	PAIN/ ITCHING	DISCHARGE	GROWTHS/ CYSTS	FREQUENT OR PAINFUL URINATION	BLEEDING	NAUSEA/ VOMITING	LOWER BACK PAIN	BOWEL HABIT CHANGES	WEIGHT LOSS/ GAIN	EMOTIONAL SYMPTOMS	PAIN DURING INTERCOURSE
ACTERIAL AGINOSIS[1]				●									
ARTHOLIN'S YST[1]			●		●								●
ANDIDIASIS			●	●									
HLAMYDIA[1]		●	●	●		●							●
YSMENORRHEA		●						●	●	●			
BROIDS[1]	●	●			●	●	●	●					
ENITAL WARTS			●		●		●						
GROWN HAIR			●		●								
VARIAN CANCER[2]	●	●			●		●	●		●	●		
ELVIC FLAMMATORY SEASE (PID)		●		●		●	●	●					
MS	●	●						●	●	●	●	●	
RICHOMONIASIS			●	●		●							
RINARY TRACT FECTION (UTI)		●				●	●	●	●				

ese conditions often exhibit no symptoms.
mptoms rarely appear in early stages of disorder.

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Please consult your physician regarding your incontinence condition.

THIS IS WHY SINKS HATE HARSH POWDERS...

WOMEN'S HEALTH
continued

five hundred thousand and one million new cases of genital warts are diagnosed each year in the U.S. The warts are tiny—about the size of a pencil tip—and are the color of the surrounding skin. They can appear singly or grow in cauliflower-like clusters. Warts may proliferate internally in the vagina or anus or on the cervix. These can be detected during a pelvic exam. Some sixty different types of human papilloma virus (HPV)—the virus that causes genital warts—have been identified, and at least two types have been linked with various cancers of the cervix, vagina and vulva. However, the relationship between HPV and cancer is not fully understood.

Cause: Genital warts are passed from one person to another during intercourse or oral sex. The only way to reduce the chances of transmission is to use latex condoms.

Treatment: Warts can be burned off with chemical solutions, frozen with liquid nitrogen or vaporized with laser surgery, although they may return.

It's also recommended that a woman with genital warts have an annual Pap test to detect any initial cell changes, called dysplasia, that may escalate into cancer.

INGROWN HAIR A hair that becomes embedded in the skin, creating a cyst.

Cause: Heat, moisture, shaving and waxing may cause ingrown hairs.

Treatment: Ingrown hairs usually clear up on their own. If they are painful, a doctor can drain the cyst and may also prescribe antibiotics to prevent or clear up infection. Change out of wet bathing suits or sweaty workout clothes promptly. Wash and thoroughly dry the pubic area; shave infrequently or not at all; and refrain from wearing nylon pantyhose—particularly in warm weather—or select those with a cotton crotch.

OVARIAN CANCER Known as the "silent killer," ovarian cancer develops without warning; early symptoms—such as gastrointestinal disturbances—are rare. By the time late-stage symptoms occur—increase in the size of the abdomen, weight loss even though eating habits are good—the disease is well advanced. It accounts for 4 percent of all cancers among women.

Cause: Unknown; a family history of the disease, never having had children, or a previous bout with cancer all boost a woman's risk. While ovarian cancer can strike women at any age, the highest rates are in women past menopause.

Treatment: Annual pelvic exams are the standard method of screening. The Pap smear is not a test for ovarian cancer. Women at high risk for ovarian cancer may want to consider additional tests, cluding ultrasound or a special blo test. Removal of the ovaries, Fallopi tubes and uterus is usually the ba treatment, often followed by chemothe py or radiation.

PELVIC INFLAMMATORY DI EASE More commonly called PID, t is an infection of any of the reproduct organs. Symptoms include a yellow vaginal discharge, painful urinati pelvic aches, spotting, fever, chills, nau and vomiting. It is a serious illness a may lead to infertility if the Fallop tubes become scarred. Women under tw ty-five are at particular risk. PID is a le ing cause of ectopic pregnancy—a li threatening condition in which a fertili egg becomes implanted outside the uter

Cause: When an STD is untreated, it spread throughout a woman's reprod tive system. About half of all cases of F are caused by chlamydia or gonorrh the rest are caused by normal vaginal b teria that somehow make their w into the upper reproductive organs. I example, bacteria may travel up strings of an IUD or migrate upward d ing intercourse.

Treatment: Antibiotics are the only tr ment; hospitalization may be necessa One's sexual partner needs to be treate prevent reinfection. Using latex condo

r a diaphragm can reduce a woman's risk f developing PID.

REMENSTRUAL SYNDROME Often called PMS, this is a gamut of conitions that some women experience evry month before their periods. ymptoms vary widely, but the most comon include emotional instability, deression, breast and abdominal swelling, eight gain, food cravings, anxiety, conipation and restlessness.

ause: Several theories are being investiated. One theory is that during the preenstrual phase, there is a decrease in ndorphins—brain chemicals that produce feelings of well-being. Women with MS may also have hormonal imbalances.

reatment: To make sure she's expeencing PMS, a woman should chart er symptoms over a three-month period. ona fide PMS symptoms will go away uring and after the menstrual period. elf-help measures, such as exercising, ating regular meals, limiting caffeine, lt and sugar, and using stress-mangement techniques, may help considrably.

Some cases of severe PMS can be traced bacteria that invade the vagina during tercourse, causing a low-grade pelvic inction. PMS triggered by such an infecon may be alleviated by antibiotics, but oth partners must be treated.

URINARY TRACT INFECTION (UTI) An infection in any part of the urinary tract—the kidneys, bladder or urethra—the tube through which urine travels from the bladder out of the body. (Cystitis, another commonly used term, is an infection of the bladder.) Up to 20 percent of women experience some type of UTI at least once. Symptoms include urgency and frequency of urination and burning pain, sometimes accompanied by blood in the urine. Fever and backache may signal a kidney infection.

Cause: UTIs are usually caused by bacteria, though they are occasionally traced to fungi or viruses. Most often, the bacteria *Escherichia coli (E. coli)*, which normally exist in the intestines, are the culprits. Bacteria are forced into the urethra during intercourse or when a woman cleans herself improperly after using the toilet. A diaphragm may also be to blame, as it can push against the neck of the bladder, forcing a backup of urine and providing a breeding ground for *E. coli*.

Treatment: A variety of antibiotics can cure a UTI. One large dose may be as effective as the traditional seven- to fourteen-day medication plans. Women who are particularly prone may find that a single small dose, taken after intercourse, prevents UTI. Other preventive measures include drinking lots of water and urinating after intercourse to flush out bacteria, drinking cranberry juice to acidify urine and eliminate bacteria, and wearing loose cotton panties.

Honeymoon cystitis, an irritation of the urethra, is usually caused by intercourse. Since symptoms are the same as for UTIs, you should see a doctor to confirm the diagnosis. Abstinence, drinking lots of water and taking painkillers such as ibuprofen or acetaminophen may ease discomfort. Avoid alcohol and caffeine, which can irritate the urethra.

VAGINITIS An inflammation of the vagina that is usually caused by infection, vaginitis is extremely common. Symptoms include a severe burning sensation in the vagina, discharge, swelling and redness. The three types listed below are the most common.

CANDIDIASIS, or yeast infection, accounts for about half of all vaginal infections. It is characterized by a white, cottage cheese–like discharge, along with burning, swelling and itching.

Cause: When the normal balance of vaginal organisms is disturbed, one of them, *Candida albicans*, reproduces in excess, resulting in infection. This occurs when the acidity of the vagina is lowered, often a consequence of taking antibiotics or oral contraceptives.

Treatment: The most prescribed antifungal medications, *(continued on page 185)*



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How to gift wrap an almond.



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Lead alert . . . advice for new parents . . . out of the mouths of babes

By Mary Mohler and Margery D. Rosen

kidspeak

My six-year-old son, Loren, had to write his autobiography for homework. "Everything was fine," he wrote. "Then one day a terrible thing happened: My sister was born."

—Margaret M. Brindley, Wheat Ridge, CO

My five-year-old granddaughter, Lexie, was play-fighting with her dad. "You'd better watch out," he teased. "I have a black belt in karate!" "Oh, yeah?" came her reply. "I have a pink belt in the bathroom!"

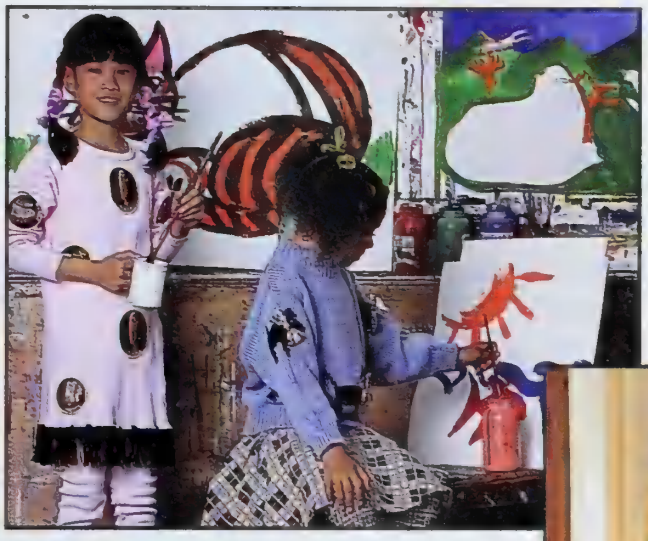
—Elizabeth Caldarera, Wolcott, NY

My two-year-old grandson, Billy, was delighted by the night sky. "Oh!" he exclaimed when we went outside one evening. "Lots of stars!" Then he spied the new moon. "And . . ." he added, "a banana!"

—Margaret Shauers, Great Bend, KS

Lead poisoning

HOW TO PROTECT YOUR KIDS





According to the federal Centers for Disease Control (CDC), as many as four million children may have dangerously high levels of lead in their blood. Even relatively low levels can impair a child's learning skills, cause behavioral problems and lower IQs. Because low-level lead poisoning has no easily identifiable symptoms—and nine out of ten children have not been tested—many cases are going undetected. Now the CDC recommends that all children be screened by the age of one.

Ask your pediatrician to perform a blood lead test (the old FEP test is not sensitive enough).

However, if your home contains lead-based paint, if you have a job or hobby in a lead-related area, or if one of your child's playmates has been diagnosed with lead poisoning, your child may be at high risk. Have her screened every six months until age three, advises John Graef, M.D., chief of the Lead and Toxicology Clinic at Boston Children's Hospital.

But screening alone is not enough. Experts suggest you:

■ Test your home or any house you buy (call your local health department for information). The primary source of lead poisoning is lead-based paint, common in homes built before 1960. Houses that have been renovated improperly, or that have peeling or chipping paint, are particularly risky. And anything that abrades the paint—like sliding windows up and down—produces more chips and releases lead dust into the air.

■ Evaluate your need for lead abatement. Ideally, everyone should have the paint removed or covered with wallboard, but this is very expensive. If your child does not show high levels of lead, and your paint is in good condition, you may not need to remove it. Talk to your *(continued)*

SHAKE 'N BAKE

PRESENTS

GOOD IDEAS FOR BABY SITTERS

Why not save a few steps the next time you're leaving the kids with a sitter? Cut out this list, fill it in now, and put it on the refrigerator. It's peace of mind for you and your sitter.

OUR ADDRESS AND PHONE

_____

_____

EMERGENCY

Doctor _____

Police _____

Fire _____

Neighbor _____

CHECKLIST

☐ After dark, remember to turn on the outside lights, and keep the doors closed and locked. No visitors are allowed.

☐ It's bedtime. Have the kids brushed their teeth and washed up? Do they need to take any medicines? Make sure you look in on them every once in a while.

☐ Keep the dinner simple, and be careful around the oven and stove. Afterwards, make sure all appliances are turned off.

A SHAKE 'N BAKE CHICKEN TREAT

– THE SITTER SANDWICH –

Here's a simple way to enjoy Shake 'n Bake Hot & Spicy or Original Recipe for chicken. Prepare boneless, skinless chicken breasts according to package directions. Serve on a sesame seed bun or sliced bread. For extra fun, add cheese, pickles, tomato, lettuce, or mayonnaise. It tastes like eating out – without leaving home.

(continued) pediatrician.

If you must remove the paint, do not attempt to do it yourself. Hire a qualified contractor who has completed a training course in lead removal. If substantial work is required, relocate temporarily—pregnant women and small children must not remain in the house.

■ Damp-mop regularly and clean windowsills and other dusty areas with trisodium phosphate (available at hardware stores).



■ Wash children's hands frequently—especially before they eat and go to sleep. Also wash pacifiers often.

■ Don't let toddlers chew on woodwork.

■ Make sure your child is getting enough iron and calcium. These minerals decrease absorption of lead.

■ You also need to monitor other sources of lead. Don't store or serve food or beverages in open cans, lead crystal or certain pottery. Lead from these containers can leach into food.

Have backyard soil tested, particularly if you live in an urban area, near factories or highways or if your home has lead-based exterior paint. Your local agricultural cooperative extension office can perform the test for a small fee.

Many older water pipes contain lead. If yours do, run the water for a few minutes before drinking to flush any lead out of the system. (If you're not sure, have the water tested by your local public-health department or an EPA-approved laboratory.)

Check other places where your children spend a lot of time—at their grandparents' or baby-sitter's home, even the school.

Most important, don't panic if your child does register slightly high lead levels. As long as you clean up your environment, and monitor your child with frequent blood tests, the level should drop, and she is not likely to sustain permanent damage.

(For more information, write: Alliance to End Childhood Lead Poisoning, 600 Pennsylvania Avenue S.E., Suite 100, Washington, D.C. 20003.

—KIM FLODIN

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Relive those favorite childhood memories... a Bradford Exchange recommendation



Even though the fish aren't biting, this secluded spot nestled under a canopy of colorful flowers seems like the perfect place to pass a summer morning with a new friend. This is "Patience," a new porcelain collector's plate by six-time Plate Artist of the Year Sandra Kuck. "Patience" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Patience" is an important first issue, the first in the *Hearts and Flowers from Sandra Kuck* collection from Reco International.

It's an impressive work of art, created from an original work by award-winning artist Sandra Kuck, whose romantic portraits of children have become favorites of collectors. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Patience" is limited to a maximum of 120 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange – picking winners since 1973. World-wide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought "Mary, Mary," the first issue in the Reco McClelland Mother Goose series, at just $22.50 – a plate that now trades at $130.00.* More recently, if you had acquired "Brotherly Love," an exceptional children-theme plate from the Pemberton and Oakes Special Moments series, you would now own a plate valued at more than three times its 1988 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. Right now, Bradford Exchange analysts rate "Patience" as one of the year's top prospects... and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Patience" at its $29.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Patience" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Volume III-8.

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What every new parent should know

Tips from one who learned—the hard way

BY HANK HERMAN

ONE FATHER'S STORY

Flip-down sunglasses ... batting gloves ... thermos of apple juice ... I pack ten-year-old Matt's gym bag without even thinking, using the handy Little League Practice list I've magneted to the fridge. This drill is accomplished with the phone balanced on my shoulder as I arrange for seven-year-old Greg to be picked up for a sleep-over at his best buddy's. Amid this Friday evening's controlled flurry of activity, I spot my younger friend Hal down the block, anxiously monitoring the faltering steps of his firstborn, and I find myself thinking, Ha—I could sure tell him a thing or two. But before I get too smug, I flash back ten years to that time in the hospital I was holding Matt as a newborn, proud of the furious gulps he seemed to be taking from his bottle—until the nurse suggested it might work better if I broke the seal on the nipple first.

Well, all right. So there was a time I didn't know everything about kids. Who does? But if being a little prepared makes you feel more secure, here's some advice from an old pro:

Never move a sleeping baby to make him more comfortable. (Or, to paraphrase an old aphorism, let sleeping babies lie.) There's nothing terrible about carrying the car seat into the house if the baby has fallen asleep in it.

If you're going out for the evening, don't put on your party clothes until four seconds before you're to leave. If you change too early, and then r i s k



one last hugfest, the odds are ten to one you'll wind up wearing the baby's dinner for epaulets.

Even if your marriage has heretofore been the envy of all your friends, anticipate that now you'll be having barn-burner arguments at least five times as often as you'll be having sex.

Let Dad diaper and dress your child as ineptly as he wants. The baby will live with a mis-buttoned cardigan, and, besides, your husband is purposely leaving the overall straps uncrossed to get out of dressing the kid next time. Don't buy it.

"Let them cry it out, they'll fall asleep eventually" is a big favorite with parents who fancy themselves tough disciplinarians who are raising independent kids, but it's not for everyone. While my wife, Carol, and I admired that tough-guy approach intellectually, emotionally we were more of the "If they're crying then there must be something bothering them" school. Once, we let Greg cry it out for forty-five minutes. When we couldn't bear it one more second, we went in and found the poor kid's leg caught between the bars of the crib. So much for that strategy.

Don't flip out when you realize you're accomplishing absolutely zilch besides taking care of your baby. Words have not yet been invented to describe how desperately exhausted you'll be. Now is not the time to be an overachiever. Instead, assume you'll never get anything done; then whatever you do will be a delightful bonus.

Remember: You have the rest of your life to get things done ... but your baby will be this adorable only once.



Here's a baby sale so remarkable that it not only has a lot of great clothing and accessories for your baby, t also has something for parents. It's called KidVantage℠ and it can save you money in more ways than one.

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Step-by-step parenthood


THE TABORS

You can't treat the new stepfamily like the traditional one—so here's a guide to the revised rules

BY MARGERY D. ROSEN

Pam Westhoff, of Shawnee Mission, Kansas, used to dread Sunday nights. When she married her second husband, John, family life grew very complicated: She and her teenage son from her first marriage moved in with John and the four children, ages nine to seventeen, from his first marriage.

"John had custody, and on weekends the kids visited their mother, who'd moved to an apartment a few blocks away," recalls Pam, now forty-five and a salesperson for the same pharmaceutical company where her fifty-two-year-old husband works. "Every Sunday they'd come back drained, uncooperative and surly. Their parents weren't talking—and the children were the messengers between them. It would take days to get the family back together."

The animosity between John and his ex-wife, Cheryl, was just one of the problems Pam faced as she tried to ease the blending of two very different families.

"Things were terrible those first few years," she admits. "The children bickered constantly—there were daily fights over who had used whose towel and whose job it was to do the laundry.

"They're basically good, polite kids," says Pam. "No one ever told me, 'You're not my mom' or 'I hate you'—things I expected to hear. But tension was high, even over the little things."

Her stepchildren's mother, for example, had always kept the silverware in a certain kitchen drawer; Pam thought it made more sense to move it to one nearer the dishwasher. The kids clearly resented the change. And when she set up the Christmas tree in a corner of the living room, they were upset because *their* mom had always placed it elsewhere. Pam felt like an outsider in her own home . . . like, yes, the wicked stepmother.

"I guess I assumed that because John and I loved each other so much, we could avoid the problems so many other step-


THE WESTHOFF CLAN

families face," says Pam quietly, "or at least that in time things would work out. But love didn't happen instantly. And time doesn't mean anything unless you really work on the buried issues."

Call them step-, blended, reconstituted or binuclear. By now, we *(continued)*


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ULTRA TIDE GETS THEM CLEAN OUT.
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(continued) all know that this type of family is becoming increasingly common. Fifteen million children under eighteen currently live in stepfamilies, and every year a half million adults become stepparents. Still, many have yet to realize that they can't treat this new family like the old nuclear one.

"Parents in blended families want desperately to make it all up to their kids. They want to have the perfect, all-American family they never had," notes Ellen Galinsky, M.S., co-president of the Families and Work Institute, in New York City, and co-author of *The Preschool Years: Family Strategies That Work* (Ballantine, 1991). "They also want to telescope time, to make the happily-ever-after happen very quickly."

Whether it's working out the logistics of who gets what room for the weekend or deciding how to discipline a stepchild, stepparents across the country find the task daunting. Still, even the most stubborn obstacles can be overcome if stepfamilies can learn to recognize divisive issues and work together to resolve them.

FIRST COMES MARRIAGE

For Nancy Anholt-Tabor, forty-three, a preschool teacher from New York City, one of the biggest problems in her marriage was becoming an instant family. She and her husband, Bob, forty-five, a creative director in an advertising agency, have been married fifteen years.

"We never had just each other," says Nancy, "and that can put a strain on any marriage. I adore my stepchildren; the fact that Bob came as a package deal—Ilene was five and Seth was two when their parents divorced—wasn't a problem for me. But it was still hard."

You don't need a degree in psychology to understand why stepparents have trouble keeping their marriage a priority—or why the divorce rate for second marriages is higher than that for first marriages—about 60 percent compared with 50 percent. As Nancy and Bob came to realize, such couples rarely have a chance to get to know each other as individuals in the way first-time romancers do.

"You know how Bob proposed? He and the kids called me into the bedroom, and the three of them said, 'Will you marry us?' " Nancy recalls. "On our wedding night, we opened the gifts together and all went to McDonald's. Bob and I did squeeze in a two-week trip to the Caribbean—but I learned early on that you have to have a sense of humor."

It is not selfish but essential, the experts say, for a couple to take time out to consider their own needs. "Unless a spouse knows that he or she is number one, and unless the new family rests on a firm foundation, [the marriage] can easily be ripped apart," says Paul Moschetta, D.S.W., a clinical social worker in private practice in New York City and on Long Island. He and his wife, Evelyn, have been counseling couples for more than twenty years, and both are stepparents.

How, then, do couples pull together? Moschetta suggests a weekly "marital checkup": "Whether it's after the kids are in bed or on a date for dinner, ask yourselves, 'How are you doing? How am I doing? How are we doing?' "

More than a night out, he believes, couples need at least twenty minutes of private time every day to touch base. "One couple put a sign on their door that says 'Don't knock unless you're bleeding,' " he adds.

FORGIVE THY ENEMIES

Before spouses can put their new marriage first, they must conquer conflicts from the old. "Less than ten percent of couples have had an amicable divorce," says Evelyn Moschetta, D.S.W. Exes may fight—for years—over alimony and child support, visitation and holidays. Even if the ex-spouse is not vindictive, many stepparents live with the uncomfortable feeling that someone is looking over their shoulder.

Stepparents who come in like gangbusters are doomed to fail



To keep old anger from sabotaging the new family, experts advise that at the very least, former spouses vow never to fight their battles in front of the kids.

"It's hard not to be bitter, but try to think of it as a business alliance," advises Galinsky. "Focus on the project at hand, and treat him or her cordially."

Ironically, many couples find that if they pretend to be nice, eventually they really *are* that way. "You have to respect each other as parents," Galinsky adds. "By co-parenting successfully, you'll find that in time the hostility will lessen."

For the sad truth is, when children ar involved, you are never fully divorce from your ex-spouse. Nancy Anholt Tabor understood the strange symbiosi in which she would always live with he husband's ex-wife, Marcia; because o their cooperation, the whole family seem better off. "Early on, Marcia said, 'Jus don't ask them to call you Mommy,' Nancy says. "And I never would. The have a mother; I never could, or woul want to, replace her."

DRAWING THE LINE

Even if their relationship with thei spouse is splendid, many stepparents hav trouble keeping all the kids in order.

After Howie McGovern, fifty, a projec manager for an engineering company ou side of Philadelphia, married Karer forty, a manager of training and develop ment for an oil company, he shared cus tody of his two daughters with hi ex-wife. The girls, Ellen, then eight, an Susan, then fourteen, would spend a wee at their mother's house, followed by week with Karen and Howie.

"When we first married, the girls re fused to listen to anything I said," Kare McGovern recalls. "I'd ask them to clea the table and put the dishes in the dish washer; they never did. Howie woul promise to talk to them, but he'd neve follow through. I knew their mothe didn't care about things like that, but i my house, they were going to live by m rules. Those girls thought I was a bitch."

Trying to maintain authority ove stepchildren can be a no-win situatio "No two families have the same stan dards," says Miriam Galper Cohen, a fam ily therapist in Philadelphia and author *Long-Distance Parenting: A Guide fo Divorced Parents* (New American Librar 1991) and the *Joint Custody Handboo* (Running Press, 1991). "One will make big deal about table manners and nea ness; the other could not care less. On thinks curfew should be ten P.M.; the oth er has no problem with eleven-thirt From the kids' point of view, they're b ing asked to learn new rules in the midd of the game."

Karen learned to go easier on the disc pline—at least until she had acquired longer history with her stepdaughter "Stepparents who come in like gan busters are doomed to fail," says Cohe "The biological parent, at least in the b ginning, must take major responsibili for discipline."

The other tricky part of the disciplin dilemma is the Perfect Weekend Trap. an effort to make sure the kids will wa to come back, many stepfamilies let disc pline slide. Who wants to get into a ri roaring fight on Sunday *(continue*



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(continued) afternoon when you won't see each other for a week?

"We decided the only healthy way to discipline is to act as if they were living with us every day," says Nancy Anholt-Tabor. "That means there are some good times—and some not so good times."

FORGET THE LOYALTY OATHS

Pam Westhoff remembers that her stepchildren would sometimes wait to give her a welcoming hug until they were a block away from their mother's house—because they were afraid of hurting their mom's feelings. The children's ambivalence and pain were evident every day.

"The kids were still wrestling with their feelings about ending the intact family," recalls Pam. "Though I'd been divorced five years and John had been divorced two, we'd never confronted these problems together as a new family."

The loyalty factor can chip away at even the most cohesive households. Michael, eleven, from a suburb of Chicago, lives during the week with his mother, who has remarried and has two children with her second husband, and on weekends with his father and stepmother, who also have a new baby. Michael loves both his new stepparents, but he agonizes over little things: Whom should I invite to Little League games? Who should attend back-to-school night?

"Kids are saying, 'If I'm nice to my stepmom, am I being disloyal to my real mom?' They feel terribly guilty," says Antoinette Saunders, Ph.D., a child psychologist and clinical director of the Chicago based Capable Kid Counseling Centers, and herself a stepmother.

Children in loyalty binds show stress in myriad ways. The four-year-old may wet the bed, complain of a stomachache or refuse to play with his friends. But the fourteen-year-old—who is struggling with his own sense of self and emerging sexuality—may be hit even harder.

How can stepfamilies lessen the loyalty conflicts? "First, acknowledge that this is happening," says Evelyn Moschetta. "Kids need clarity. Tell them: 'We think you're caught in a loyalty trap. You think that if you visit us (or invite your stepmom to the play, whatever the situation), then someone will be upset.' See how they react, and encourage them to talk about their feelings." Nancy and Bob Tabor told Ilene and Seth: "When it comes to your weekend plans, it's your choice. We want what you want."

"But it was, and still is, very hard," admits Nancy; she and Bob have a daughter, Jesse, eight. "Jesse misses them if they don't come—and so do I. Intellectually, I know that giving them the choice is the right thing to do, but my heart tells me something else."

Experts agree it's also critical for couples to reassure their children that loving one person doesn't mean taking love away from someone else. But it's just as important to let them know that they don't have to love their stepparent. And vice versa.

"One stepmother told me that that was the most liberating information she had ever gotten," says Cohen. "A stepmother may never love her stepkids the way she loves her biological kids. And stepchildren should never think they have to love their stepparents as they do their natural parents, though they should treat them cordially and with respect."

BE FLEXIBLE

"Stepparents always ask, 'What's the ideal situation?' 'Should the kids stay with me or their father?' 'Should we try joint custody?' I wish I knew the answer," sighs Cohen. "You have to look honestly at yourself and your children, their needs and personalities, and see what works. Most important, you have to be mature enough to recognize when something is not working—and flexible enough to change."

"You can't legislate love, but if you work hard, maybe it'll come together."

Howie and Karen McGovern recently had to modify the custody agreement that Howie and his first wife had initially hammered out, in which the girls would spend alternate weeks at their parents' homes. That worked fine until Susan, the oldest, turned eighteen and announced she intended to live with her mother, who had moved to Colorado.

"I fought it for a long time," Howie admits. "But I realized I had to accept it."

Cohen points out that it's not uncommon for a teenager to want to live in one house only—usually with the same-sex parent. "Their friends and social life become paramount at this age, and parents in joint-custody arrangements have to be prepared for that," she adds. "Kids want everyone to know where they are and how to reach them. 'One home, one phone' is the refrain I hear a lot."

Even if stepfamilies solve the logistical issues of who-lives-where-when, turf battles may continue to plague them. Who, for instance, gets his or her own room and who has to share? Does Johnny have to let his half brother ride his bicycle when he's there for the weekend?

Experts contend that one solution may be for a new stepfamily to move into new quarters. That's what the Westhoffs finally did. "We were lucky. We could afford to do it," says Pam. Meanwhile, they solved other common logistical problems by making small yet significant changes.

"One of the kids' jobs was to do their own laundry. But they kept fighting over who had used which towel, so we color coded the linens." It's important, too, for stepparents to recognize that every child needs to have some permanent niche—a bookshelf or a closet. "Put up a curtain between beds if you have to," says Pam. Some families establish a room rotation. Everyone switches once a year.

GREAT EXPECTATIONS

Stepfamilies are built on losses, so it's no so surprising that family members often maintain unrealistically high expectations that they'll right past wrongs.

According to the Stepfamily Association of America, however, it can take a minimum of four years and as many as seven to forge a new, integrated family unit. Those that succeed not only give themselves time but also work hard to build their own traditions.

"I keep both sets of photo albums out on the table, so we can all see how we've grown and changed," says Pam Westhoff. The Westhoffs also instituted what experts believe is a prerequisite for success: a regular family meeting in which everyone gets a chance to express feelings, complain or make suggestions.

Organizing activities that the whole family can do together also builds new bonds. Big projects like planning and planting a garden, even decorating for a child's birthday, require everyone's input.

"I can't believe how unprepared we were for being a stepfamily," says Pam Westhoff. "And I know I tried hard to cover things up in the name of peace.

"You can't legislate love," says Pam, "but if you work hard, then maybe it'll come together. It did for us."

For more information, contact the Stepfamily Association of America, 215 Centennial Mall South, Suite 212, Lincoln, NE 68508, 402-477-STEP.

FEB.

Every Valentine's Day Mom
ys "Sammy, who's your
lentine?" I always tell her it's
tson. She always says, "Your
g can't be your Valentine."
is year she made something
ecial to try to get me to talk.

IGGLERS™ Creamy Valentines

½ cups boiling water
large or 4 small pkgs. Jell-O® Brand Gelatin
cup cold milk
small pkg. (4-serving size) JELL-O® Vanilla Flavor Instant Pudding

1 STIR boiling water into gelatin. Dissolve completely; cool to room temperature, about 0 minutes.

2 POUR milk into mixing bowl. Add udding mix. Beat with wire whisk until well lended, 1 to 2 minutes. Quickly pour into elatin. Stir with wire whisk until well lended.

3 POUR into 13 x 9-inch pan. Refrigerate ntil firm (3 hours).

4 TO CUT Jigglers!™ Dip bottom of pan warm water for 15 seconds to loosen elatin. Cut shapes with cookie cutters. ift from pan.

The Jigglers™ were really
at. I still didn't tell Mom
out the red-haired girl.
onder if she'll ever
me as much as
tson does?

Now You Can Have Your Fun-
And Eat It Too!

CUTTING COLD-WEATHER BONE LOSS

Calcium alone won't build or maintain healthy bones—the process also requires plenty of vitamin D. That's particularly important for postmenopausal women who live in a northern climate, according to a recent study at the U.S. Department of Agriculture Human Nutrition Research Center on Aging, in Boston. Women in those areas tend to lose bone in the winter. Why? They don't get much sunlight, which helps the body to synthesize vitamin D.

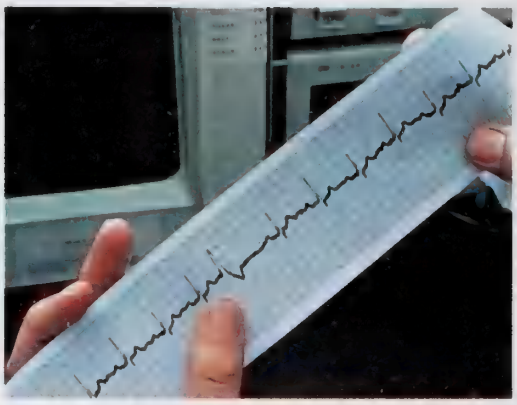
Researchers found that women who were getting the RDA for calcium (800 mg) and took 400 international units of vitamin D daily (twice the RDA for women) lost less than half the amount of spinal bone in winter as did a control group that took calcium alone.

Bottom line: If you're past menopause, be sure to eat adequate amounts of vitamin D–fortified foods, such as skim milk and other low-fat dairy products. And consider taking a multivitamin tablet containing the RDA for vitamin D.

HEART-DISEASE UPDATE

Heart attacks aren't just man-killers; more than two hundred forty thousand women die from them each year. As recognition of this deadly threat has grown, so has research on how heart disease affects females. Among the latest findings:

UNEQUAL TREATMENT. Women receive state-of-the-art care for heart disease less frequently than men do. According to a study of nearly five thousand heart-attack patients by the University of Washington, in Seattle, only 14 percent of women, compared with 26 percent of men, receive clot-busting drugs that can halt an attack in progress. Women are also only half



as likely as men to undergo angioplasty, in which a balloon-tipped catheter is inserted into a blood vessel to reduce plaque.

Charles Maynard, Ph.D., a research scientist in the university's department of medicine, suggests several reasons for the inequality. Doctors may assume the procedures won't be effective in women because they've only been studied in men. In addition, doctors may misdiagnose women more often, or women themselves may not recognize symptoms and therefore delay treatment until it's too late to use these drugs and surgical procedures.

LESS IS BETTER. Doctors have found that lower doses of estrogen may work just as well as heavier ones to reduce heart-attack risk in women past menopause. According to a study at Harvard University, a dose of .625 mg offers as much protection against heart attack as twice that amount. Researchers found that the smaller dose lowered levels of LDL—the so-called bad cholesterol—by 15 percent within three months. The lower dose also raised the level of HDL, the so-called good cholesterol. Doctors say that for every 1 percent drop in LDL, there is a 2 percent reduction in heart-attack risk.

T.L.C. FOR HEART HEALTH. Plain, old-fashioned pampering can help heart-attack victims heal. A study of 111 male and female patients at nine hospitals in San Diego found those who got lots of attention from family and friends recovered significantly faster and returned to work sooner than those who felt neglected.

KEEPING THE BLUES AT BAY

BY SALLY SQUIRES

Women who get a bad case of the blues once may be likelier to get them again. According to a recent study at the National Institute of Mental Health (NIMH), in Rockville, Maryland, an episode of major depression (in which a person feels such extreme sadness that she cannot perform daily tasks) may make future attacks more likely. Researchers found that initial periods of depression were often brought on by life stresses, such as the death of a loved one, while later episodes had less clear-cut causes. This indicates that depression may lead to changes in brain chemistry, leaving a sufferer vulnerable to future episodes. Psychotherapy and treatment with antidepressants, however, can break the destructive cycle, says Robert Post, M.D., chief of the biological psychiatry branch at NIMH. People who experience depression should seek help promptly.



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High anxiety

WE ALL GET ANXIOUS SOMETIMES. BUT WHAT IF YOU JUST CAN'T COPE? HOW TO TELL IF YOUR FEARS ARE OUT OF CONTROL

1) Do you feel that others are always criticizing you?
2) Are you uncontrollably anxious around people you don't know well?
3) Can you do an activity, such as playing the piano, easily in private, but freeze up in public?
4) Do you have a fear or an anxiety that seems excessive?

If you answered yes to any of these questions, you may be one of the five million Americans who suffer from social phobia, a baffling, painful condition.



Social phobia "has been defined as intense anguish in situations where sufferers believe they'll look foolish or be negatively evaluated by others," explains Richard Heimberg, Ph.D., director of the Social Phobia Program at the State University of New York at Albany. Some sufferers have a specific anxiety—being afraid to introduce themselves to people, for instance. Others have a constant dread of saying or doing the wrong thing. Victims become overwhelmed by their anxious feelings and may start to shake, perspire, or have difficulty breathing or heart palpitations. Eventually, their fear becomes so great that they retreat from social situations.

"Almost everyone has some socially based fears," says Chris Louro, M.A., a therapist at the Agoraphobia and Anxiety Treatment Center, in Arlington Heights, Illinois. "Fear becomes a phobia when it interferes with normal living and keeps you from doing things you want to do."

Experts say social phobia afflicts both men and women. It's difficult to pinpoint and treat because victims rarely admit to the problem, fearing they'll be ridiculed. Nor do researchers know exactly what causes the phobia. Some patients recall a "trigger trauma"—being scolded by a teacher in front of others, for instance. In other cases, heredity and family environment seem to play a role. "Social phobics often describe their parents as distant yet overprotective and highly concerned about the opinions of others," Heimberg says.

Fortunately, the condition can be treated with therapy or, in some cases, medication, according to Jerilyn Ross, L.I.C.S.W., a psychotherapist and president of the Anxiety Disorders Association of America, based in Rockville, Maryland. "In therapy, we may role-play situations a client encounters, and help her to rethink her perspective," Ross explains. Adds Chris Louro, "We show clients how to handle physical symptoms, and we provide support in public places."

WHERE TO GET HELP

For more information on social phobia, send $3 for postage and handling to the Anxiety Disorders Association of America, 6000 Executive Boulevard, Suite 513, Rockville, MD 20852.

—JOAN WESTER ANDERSON

HOW TO HANDLE A BIGOT

You're at a party, and someone makes a sexist or racist remark that infuriates you. If you don't want to walk away, what should you do?

In most cases, you can't change a bigot's mind, says John Dovidio, Ph.D., a social psychologist at Colgate University, in Hamilton, New York. What you *can* do:

■ **Be direct** "Look at the person, say, 'I don't think that's funny,' and explain why," says Dovidio.

■ **Don't attack the person** Bigots can be insecure and get defensive when they feel someone is against them, Dovidio says. Just ask, "What makes you think that?"

■ **Include others** Provoke a wider discussion about experiences with prejudice—and show the bigot he's not in the majority.

Finally, if these tactics don't work, it probably *is* best to walk away. Dovidio says to turn to an ally and say, "We're not getting anywhere. Let's go."

—LYNN PROWITT



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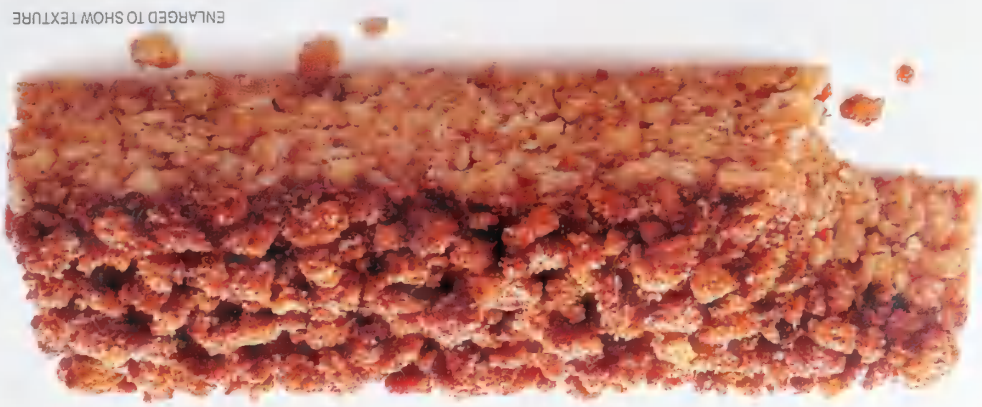
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Ways to make your weekends more fun

Is your free time wearing you out? If you're like many women, the answer is yes. According to a survey commissioned by Hilton Hotels, weekend weariness is a common complaint: Forty-five percent of women polled said they had no energy at the end of the weekend.

The problem, says Ann McGee-Cooper, Ed.D., a Dallas-based business consultant and author of *You Don't Have to Go Home From Work Exhausted!* (Bowen & Rogers, 1990), is that we fill our weekends with too many chores. What we need is more enjoyment, says McGee-Cooper. "One reason children are so energetic is that they do things for the sheer discovery, amazement and joy of it."

Below, simple guidelines to help you enjoy your weekends.



DON'T:

BRING WORK HOME
Everyone needs to take some time off to relax and recharge.

TRY TO CLEAN THE ENTIRE HOUSE
Instead, go for a less tiring approach: Do as much as you can on Saturday morning, then reward yourself with some fun in the afternoon.

FEEL OBLIGATED TO KEEP UP EXHAUSTING TRADITIONS
If cooking a big Sunday dinner is too much work, stop doing it. Why not have a family pizza party instead?

TELL YOURSELF YOU'VE GOT TO SPEND EVERY MOMENT WITH THE KIDS
Time just for you is every bit as important.

LET DREADED CHORES BECOME YOUR WEEKEND ROUTINE
For instance, if you hate to grocery shop, do it during the week just to get it over with.

DO:

BE SPONTANEOUS
Remind yourself that fun comes first. So if your husband and kids want to go to the movies, forget your chores and join them.

MAKE TIME FOR A FAVORITE ACTIVITY
Read, rent a video, go to a crafts show, take a walk—whatever you enjoy.

INVIGORATE YOURSELF WITH EXERCISE
It's good for both body and soul—workouts produce endorphins, chemicals that make you feel good. So, join an aerobics class, take a brisk walk or play in the snow with the kids.

FIND TIME FOR ROMANCE
What could be more fun? Make a date with your husband. Go out for a cozy dinner and hold hands across the table.

—PATRICIA GREENE

Fighting words

Five things never to say in the heat of an argument

In any relationship—whether it's between husband and wife, parent and child, employer and employee—an occasional fight is almost inevitable. That's okay: It's healthy to express your anger about something that bothers you and then make a suggestion about changing it. But when your wrath threatens to boil over, watch out. You can ruin a relationship with angry words that wound another person or destroy the trust between you. So before you decide to deliver a tongue-lashing, remember this list of regrettable phrases.

"THIS IS LIKE THE TIME TWO YEARS AGO WHEN YOU...!!"
When you get hysterical, never get historical. If the other person has you so upset that you're ready to reel off a list of everything he's *ever* done wrong, "tell him that you're very angry and that you need a time-out. Then remove yourself from the situation until you can cool down," advises Arlene Kagle, Ph.D., a clinical psychologist in private practice in New York City. Savaging an entire relationship is a surefire way to make your target tune you out. "When you bring up all the negative things he's done, you're telling him that you haven't ever forgiven or forgotten them," Kagle says. "The *(continued)*

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BLEACH
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DON'T REACH FOR THE BLEACH
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(continued) other person feels defeated; of all the things he's accomplished, you remember only the bad."

"I WANT A DIVORCE!" Bluffing like this can backfire. Your spouse may say, "Okay, fine!" Unless you're prepared for that, bite your tongue. "There are some things that you should never say unless you really mean them, because they're so hurtful that even when you take them back, they still exist," warns Kagle. "Threatening divorce tells your husband that your marriage is not important to you. Even if you explain later that you were only bluffing, it will be hard for him to forget."



Don't make threats—unless you mean them

Similarly, at work, office conflicts may have you ready to stomp out the door yelling, *"I quit!"* Before you do, assess the consequences. Can you cover your expenses if you resign? Will storming out in a fury wreck your professional reputation—and your chance of getting another job? Being impulsively angry at work can definitely hurt *you* more than it hurts your employer.

"YOU NEVER WERE A GOOD LOVER!" If you're really angry, you might be tempted to exact this kind of verbal revenge on your husband—even if your argument has nothing to do with sexual matters. But this attack is so demeaning that your words will linger long after the argument is over. In response, he might very well be furious—and upset—enough to resort to an extreme action, such as packing his things and moving out of the house. "In a highly charged situation, adrenaline races through our bloodstream, making us far more likely to overreact," explains Kagle.

"MY SISTER SAYS YOU'LL NEVER MAKE ANYTHING OF YOURSELF!" Don't bring up a third party's criticism of the person you're arguing with. As the messenger, you're every bit as responsible for the damage done as the person you're quoting. If your sister has something to say, let her say it herself.

"YOU'RE DRIVING ME CRAZY!" This is a remark parents may lash out with when their children are being particularly annoying. But such a phrase can be very frightening to a young child who doesn't understand hyperbole, says Kagle. "He or she might think that you mean it; that you really *are* going crazy." Most damaging, however, is telling your child something like: *"I wish you'd never been born!"* "This is a very extreme statement," says Kagle, "but unfortunately, there are parents who lose control and yell this at their children in a moment of rage." Even if the parent later apologizes, this kind of remark can lead to lasting devastation. "Children have long memories," says Kagle, "and more important, they believe adults." Never blurt this out to your child, no matter how irate you are.

—CATHARINE A. HENNINGSEN

HOW TO GET ALONG WITH A NEW BOSS

Your old supervisor has left the firm, and now you're working for someone new. Here's how to adjust.

■ AVOID COMPARISONS **It's pointless to measure your new manager against her predecessor, says Ruth Campbell, a career counselor at Delaware County Community College, near Philadelphia. Instead, see it as a fresh start.**

■ GIVE SUPPORT **Provide your boss with information to make her first days easier.**

■ ASK QUESTIONS **She may have new ways of doing things. When in doubt, ask. Offer to set up a meeting to discuss changes.**

■ GIVE HER A CHANCE **Don't jump to conclusions about her effectiveness. She deserves time to get her bearings.**

■ BE TACTFUL **Never bad-mouth your old boss, or your new manager will question your loyalty.**

—KIM C. FLODIN

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How safe is your money?

Failing banks. Collapsing insurance companies. Insolvent pension plans. Is there no institution you can trust? Here, expert advice on guarding your savings

It looked like such a golden opportunity. Marie and Ernest Zarlingo, of Cahokia, Illinois, were delighted to receive a letter from their long-established savings and loan saying that as "preferred customers," they could shift their $20,000 certificate of deposit, which was earning 6.8 percent interest, into something called subordinated bank notes, which would yield 11 percent. They made the switch—and were devastated two and a half years later when the S&L, ninety-eight-year-old Germania Savings, went bankrupt. Not only did their $188 monthly interest checks cease, but Marie, sixty-four, a retired cashier, and Ernest, sixty-eight, a former factory supervisor, lost every penny of their $20,000 investment. Why? Unlike the CD, the bank notes weren't federally insured.



For Sylvia Tapley, like thousands of other investors, "junk bonds" proved all too apt a name: She lost thousands of dollars

"We worked hard all of our lives so that we'd have something extra put aside for these years," says Marie. "I wonder now how this could have happened. Who do you trust if you can't trust your bank?"

Many Americans are asking the same question, now that financial institutions from banks to insurance companies to company pension plans are battered or going bust. The numbers are frightening: Between 1986 and the end of 1991, 1,013 banks and 977 S&Ls had failed—compared with 309 banks and 223 S&Ls in the years 1980 through 1985. And in 1991 alone, six large life insurers became insolvent, causing financial hardships for everyone from policyholders to pensioners to those who'd invested in them through company-sponsored 401(k) plans.

Moreover, the worst may be yet to come. The Federal Deposit Insurance Corporation (FDIC) has placed 975 banks all over the country, including some of the nation's largest, on a high-risk list. These troubled banks hold $400 billion—more than 10 percent—of the banking industry's total assets. Their failures would further strain the FDIC fund, which backs deposits of up to $100,000. FDIC coffers are already so depleted that Congress recently voted the agency a $70 billion loan—a sum that taxpayers will have to cover if the FDIC cannot repay the money. Meanwhile, about five hundred life-insurance companies appear on a watch list compiled by industry monitors.

In such unsettling times, where are your savings safest? Here's the bottom line—plus tips for keeping your money as secure as possible.

BY ANDREA ROCK

BANKS, SAVINGS AND LOANS

Banks and S&Ls first hit trouble in the early eighties, when the federal government deregulated the industry. To compete with higher interest rates offered by money-market funds and other new investments, banks and thrifts began investing depositors' funds in riskier ventures; such investments hadn't been allowed before. Much of the money was poured into junk bonds—debt that was used to finance corporate takeovers and leveraged buyouts—or iffy *(continued)*

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½ cup sugar
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1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt (optional)
¾ cup skim milk
½ cup cranberry raspberry sauce

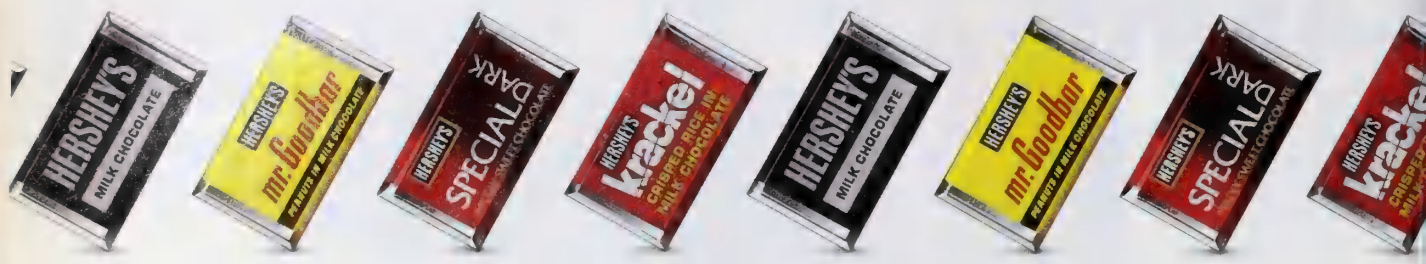
1. Heat oven to 400° F. Grease 12 medium (about 2½ inch) muffin cups or use foil or paper liners.
2. Cream Crisco and sugar with fork in medium bowl until blended. Add egg whites. Beat until fairly smooth. Stir in flour, baking powder, salt (if used) and milk until just mixed. Add cranberry raspberry sauce. Fold and swirl through batter.
3. Spoon batter evenly into muffin cups, filling about three-fourths full.
4. Bake at 400° F for 21 or 22 minutes or until golden brown. Cool 5 minutes before removing from pan. Serve warm or at room temperature.

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FINANCE
continued

real estate ventures. And when those crashed, the banks and S&Ls did, too, badly straining insurance funds. The first to go was the Federal Savings and Loan Insurance Corporation, which covered S&Ls.

Now that scenario has started replaying itself with commercial and savings banks and the FDIC. Representative Henry Gonzalez (D-Texas), chairman of the House Banking Committee, blames lax regulation for the thrift-industry crisis: A March 1991 study of seventy-two failed banks conducted by the federal General Accounting Office found that in thirty-eight cases, regulators failed to take action when serious problems were first identified. To try to prevent such lapses in the future, Congress enacted a comprehensive banking bill last fall that includes tighter regulations for all banks.

Safety tips

Keep no more than $100,000 in a single bank or thrift and make sure each institution you deal with is insured by the FDIC or the Resolution Trust Corporation (RTC), which now covers S&Ls. (Only 3 percent of banks are not covered; U.S. branches of foreign banks may or may not be insured). Despite the insurance funds' financial woes, experts expect the U.S. Treasury would make good on insured deposits rather than risk a Depression-style panic. In addition, always ask whether your specific account is insured. As the Zarlingos discovered, buying an investment from a bank doesn't mean the investment is covered. You can get more information by calling the FDIC consumer hotline at 800-424-5488.

If your financial institution does fail, get in touch with bank officials quickly. When a bank goes under, federal regulators first try to transfer accounts to a healthy institution. The new management can lower the interest rate being paid on your CD or increase the rate you pay on a home-equity loan or other credit line.

You usually have a period of at least thirty days after the transfer to make penalty-free switches to another institution that may have more favorable rates. If bank officials won't say whether they plan to honor your existing terms, take it as a warning and shop for another bank. If regulators can't arrange a transfer of accounts to a healthy bank, they'll liquidate the institution and pay off depositors from the insurance fund. You'll get back your principal and interest earned up until the date of the takeover. Any checks you have outstanding may be returned, and you could lose access to your money for several days or weeks.

INSURANCE COMPANIES

During 1991, some of the giants in the life-insurance business joined the mour ing ranks of insolvent insurer Overreliance on junk bonds broug down Executive Life Insurance Co. California last April. Three months la Mutual Benefit Life Insurance was seiz by New Jersey regulators, marking t largest insurance failure in U.S. histo The one-hundred-forty-six-year-old co pany had been considered blue-chip, b it sank because of heavy investments commercial real estate.

When life insurers tumble, consume have much less protection than they when banks or thrifts fail. Insurers a regulated by state commissioners rath than federal authorities, and there is national fund to protect against loss Instead, when an insurer collapses, st regulators collect assessments from oth insurers operating in the state to pay policyholders. Rules vary from state state as to who's eligible for reimbur ment from the fund.

But even if your claim is eligible, t state guaranty association may not be a to reimburse you. "The state guaranty sociations are designed to handle failu of small companies and cannot han failures of large companies," says Jose Belth, professor of insurance at India University, in Bloomington.

And until policies can be transferred another company or some other settlem

reached, those with life insurance or an-
uity contracts typically lose access to the
sh value of their contracts for long peri-
ds, sometimes more than a year. In the
nd, they may even get less than the con-
acts' full value.

afety tips

elth suggests that you check with all four
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Poor's, Moody's,
d Duff & Phelps.
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and getting into a new one? If
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t earn commissions from the sale of
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PENSIONS, 401(k)s AND OTHER RETIREMENT PLANS

Most people take the safety of their pensions for granted. But increasingly, experts say, this is not a good idea. In fact, pensions should be thought of as an investment that, like any other, requires careful monitoring.

"Everyone assumes they're being taken care of in a pension or other retirement plan, and that's not a wise assumption to make," says Karen Ferguson, director of the Pension Rights Center, a nonprofit organization in Washington, D.C. "The problems we're seeing now are fallout from the insurance debacle, but there has always been a problem with people mismanaging or stealing money from retirement funds, so it pays to check out your situation."

There are many types of retirement plans; some are safer than others. *Defined benefit plans* promise you a set amount at retirement, usually a percentage of your earnings multiplied by your years at the company. They are generally insured by the Pension Benefit Guaranty Corporation (PBGC), an FDIC-type agency that will pay each employee benefits up to a limit of about $28,000 a year if the company fails.

But a company can choose to terminate a fully funded pension plan at any time and either pay benefits in a lump sum or buy annuities from insurance companies to take over monthly benefit payments. In that case, the federal safety net disappears—and pension participants often don't realize that this action means that they've lost their protection.

A growing number of employers are shifting the burden of risk in retirement plans to the employees by switching from such traditional pension plans to *defined contribution plans*, which include 401(k)s, profit sharing programs and employee stock-option plans. Under these plans, which now account for more than 80 percent of all private pensions, the amount contributed to the plan by you and your employer is usually defined as a certain percentage of your pay or company profits. You are not, however, guaranteed a specific amount at retirement. You simply get those contributions plus any earnings. And none of these plans is insured by the PBGC, which is itself suffering financial difficulties.

One federal study said nearly one third of money in defined contribution plans is invested in guaranteed investment contracts (GICs), which, like bank CDs, pay a guaranteed rate of interest for a set period. They are sold by insurance companies, however, so if you're not living *(continued)*



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FINANCE
continued

in one of the fifteen states that insure these types of plans, your money is backed only by the insurer itself. If the insurer is shaky, so is your money.

Safety tips

Determine what kind of pension plan you have, how it is invested and what protection you have, if any. Your plan administrator is required to send you at least once a year a financial summary of your retirement plan. If that money is federally insured, the summary will say so.

For a more detailed look at how assets are invested, ask your plan administrator for a copy of Form 5500, the financial report that the plan must file with the Labor Department. A useful guide to interpreting the form and monitoring the safety of your retirement plan is *Protecting Your Pension Money*, published by the Pension Rights Center. To get it, send $6 to Pension Publications, Suite 704, 918 16th Street N.W., Box L, Washington, DC 20006.

If any of your retirement plan money is invested with an insurance company, check with your state insurance commission about state guarantees and to see if the insurer is stable. If it appears financially troubled, try to persuade the plan administrator to change insurers. Since some firms are facing lawsuits over this issue, you might get a better hearing than you expect. You might also ask about switching your investment to another vehicle. Someone in your employee-benefits office should help you determine what it will cost you to make another investment choice.

MUTUAL FUNDS

The explosion in the growth of mutual funds since the seventies has meant greater opportunities—and pitfalls—for savers and investors. Mutual funds pool money from many small investors to buy stocks, bonds and other securities. When you buy shares, the value of your account equals the number of shares you own multiplied by their market price, which may fluctuate daily. As a mutual-fund shareholder, you have no insurance backing your investment, and the risk you face ranges from generally low with a money-market fund to high with junk-bond funds and many stock funds.

While mutual funds that buy stocks can deliver higher returns than any other investment, the value of your shares can swing dramatically with the stock market, and if you need to cash in your shares when the market is down, you may wipe out any profits you earned along the way, or even sell at a loss. Stock funds are a good choice only for the savings you can afford to leave untouched for at least ten years or more, so that you can ride out down cycles in the market and benefit from stocks' superior long-term return.

Mutual funds that invest in bonds ar frequently promoted as higher-yieldin yet perfectly safe alternatives to CDs. Bu if the fund invests in bonds of a compan that goes bankrupt, the bonds becom worthless and the value of your mutua fund shares drops. Many unwary in vestors who bought junk-bond fund disguised as high-yield funds hav learned that lesson painfully.

For example, Sylvia Tapley, a forty one-year-old social studies teacher i Scarborough, Maine, was persuaded by broker to invest $12,300 in two junk-bon funds. When the junk-bond marke crashed in 1989, her share prices plum meted; Tapley lost $3,600 of her inves ment. "I don't make a lot of money as teacher, and that was my nest egg, so it re ally hurt," she says.

Market interest-rate fluctuations als affect bonds. When you own shares in bond fund, the value of your shares wi fall when interest rates rise. And the fa ther away the bonds are from maturity the more sharply their prices drop. This true even with U.S. Treasury bonds while they're safe from default, their valu can still move up and down. "The prob lem right now is that a lot of people ar being sold long-term bond funds [one holding bonds that mature in twenty years or more] because their yield is high er than money-market and CD yields, bu people [may lose money] if interest rate rise and they have to sell their shares whe their value is down," says Glen Kim Parker, publisher of *Income & Safety*, monthly newsletter in Fort Lauderdale.

Safety tips

If you choose a money fund, stick wit the large ones—those that have $1 billio or more in assets—because their well-e tablished management companies ar most likely to protect shareholders fro any loss. In the few historical instanc when losses in a fund's portfolio wou have caused its share price to fall belo the constant $1 value money funds a committed to maintaining, manageme has stepped in to make good the diffe ence. Keep in mind, though, that becau this investment is so low-risk, you wor see spectactular returns.

When selecting a bond fund, choo only those with portfolios of bonds th receive top creditworthiness ratings fro Standard & Poor's and Moody's. You'll fir this information in the fund's prospectu

To reduce risk in stock funds, buy into fund that is diversified—owns shar in companies in several different indu tries—rather than the "sector" funds th buy stocks only in a single industry, su as biotechnology.

Andrea Rock, a contributing editor of t Journal, writes frequently about money.



Lenox, Inc. 1992

Welcome to the enchanting world of a child at play...in a Lenox first.

Brittany gives a party for Teddy in this premiere issue collector doll.

rittany is giving a fancy tea party this afternoon, and er guest of honor is her special friend, Teddy. As they iat, she delicately pours a cup of tea for him. It's precious scene from the gentle, sunlit world of a ild's imagination.

Now, this world of make-believe inspires an enchanting llector doll tableau from Lenox—*Tea for Teddy*. Brittany, adorable little girl in a hand-tailored outfit, has her vn plush teddy, fine porcelain miniature tea set, and vely quilt. Brittany seems absorbed in conversation with r friend. Bright-eyed Teddy is dressed in his best. gether, they touch the heart.

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OTHERS MAY WONDER WHAT MAGIC AND COOKIE JOHNSON (PICTURED ABOVE) ARE GOING THROUGH. BUT I KNOW ONLY TOO WELL. HERE'S WHAT I'D LIKE TO TELL HER

When Magic Johnson made his forthright announcement that he was infected with HIV, my heart went out to his wife, Cookie. I know exactly what it's like to be married to a man with the AIDS virus. My husband, Michael, thirty-five, tested positive last March—just five months after we were married.

I feel Cookie Johnson's pain even though our husbands apparently were infected in different ways: Michael through intravenous cocaine use and Magic through unprotected heterosexual intercourse. Learning to live with the disease, no matter what caused it, means focusing on the present, not dwelling on the future.

And I *have* learned. Six months ago, I couldn't have talked about this. But with the help of my work—I'm an AIDS counselor—my church and especially my husband, I've come a long way.

I met Michael more than six years ago when he was a hospital patient and I was his nurse. He was being treated for endocarditis, an infection of the heart that can be caused by intravenous drug use.

Michael and I started dating when he left the hospital. You may be surprised—even shocked—to know that we had one thing in common: For years I, too, had used cocaine (although not intravenously). But while Michael was living a life on the edge, I was a single mother trying for a normal life with my two kids. I had a nice house, a good job and attended Girl Scout meetings with my daughter. Since our circumstances were so different, Michael and I went our separate ways.

Then, two years ago, he called me at the hospital. We'd both stopped using drugs, and we felt better about ourselves and each other. We picked up our relationship.

At about this time, Michael tested negative for HIV. We were so relieved that we didn't have him retested when we got married in October 1990—even though it can take up to six months after infection for the virus to be detected.

After our wedding, though, Michael started getting sick. He suffered from flu-like symptoms, fatigue and a rash that wouldn't go away. So we both forced ourselves to get tested.

For the next two weeks, we did a lot of crying while we waited for the results. Every time I looked at Michael, I burst into tears. We were terrified.

I think I subconsciously knew Michael had HIV, but I talked myself into believing he didn't. When the doctor told us that his test results were positive, I was devastated.

I'd been working with AIDS patients in the hospital for eight years. I'd seen people test positive for the disease and die a short time later. Even though Michael did not yet have AIDS but the virus that causes it, my mind automatically jumped from HIV to AIDS to death. I couldn't see any life in between. All I could picture was Michael in a hospital bed; all I could think of was that he was going to die.

For a while, I felt myself pulling away from him. I wanted to let go then, before the pain got any worse. But *(continued)*


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WOMAN TO WOMAN

continued

when he asked, "Do you want me to leave?" I said no. Neither of us wanted to lose the strong, supportive relationship we'd built. Now we'd need each other more than ever.

I stayed away from church for a month, trying to reconcile my faith in God with the curve ball He'd thrown us. But since then, we've come to believe that God does everything for a reason.

Just before Michael tested positive, I left nursing and got a job at an AIDS testing and counseling project. This new position has made a tremendous difference in helping me cope with my husband's diagnosis. It allowed me to see firsthand what I'd had trouble believing—that people do live with HIV. I've had some clients who were diagnosed with the virus nine years ago and still have no symptoms of the disease. I've been able to erase my picture of Michael in a hospital bed and see him as he really is: active and vital.

In fact, Michael joined the counseling project, too, and he's now an AIDS educator. He does community outreach in hospitals, schools and on the street. He's helped a lot of people get tested, get off drugs and get their lives back together.

Of course, we go through bad times. While Michael's treatment with the drug AZT (paid for by insurance) keeps AIDS symptoms at bay, I still watch him all the time for fevers, fatigue, headaches. I get scared for myself, too. Although I've tested negative for the virus twice, I have to be retested every six months, and I can't help worrying. And sometimes, when I'm alone, I agonize about Michael getting sick and dying. The pain becomes so overwhelming that I slip into denial. I could stay there forever.

Still, I've found out that a little denial can be healthy. For the first three months after Michael's diagnosis, all we ever talked about was HIV. Now I sometimes wake up and decide that I want to go through a day without the virus in my life. I won't talk to Michael about it or about any of my fears. Those are the times when I can see clearly that life goes on.

Day to day, things at our house are normal. The only thing we do differently is to use a condom during sex. We still hug and kiss just as much, if not more. We share the same utensils and dishes, and I think nothing of taking a sip of his soda. My eighteen-year-old daughter knows that it's perfectly safe for Michael to hold her new baby. (My seventeen-year-old son is away at school.)

HIV hasn't come between us, it has brought us closer together. It taught us to love each other and enjoy all we share. We know we're living on borrowed time, but life is more than a matter of days or years. I'd rather have one year with Michael than twenty years with someone else.

If I could speak to Cookie Johnson, that's what I would tell her. She still has Magic, she will soon have a baby and she has people like me who understand. I hope she realizes that she's not alone.

Although it may be harder for her to cope because she's in the public eye, I think our example could help her. I'd tell her, don't deny your emotions, don't read the papers. Admit your feelings and share them with your husband. And when she's ready, she could do a lot of good. She could reach out to girls who desperately need to know about safer sex, or no sex at all. She could really touch—maybe even save—many of their lives.

It will never be easy for people like Magic and Cookie or Michael and me, but there's so much to live for right now. I'm praying for us all. *—As told to Lynn Harris*

WE WANT TO HEAR FROM YOU

This is the first in a series of intimate conversations with women about events that changed their lives. If you'd like to comment on this article, or if you have a story you'd like to share, write to: Box WW, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. Articles must be true, first-person accounts (all identities will be kept anonymous) and should be 1,000 words, typed double-spaced and accompanied by a self-addressed, stamped envelope. We will pay $750 for each article accepted for publication.


JAN & MICHAEL ROSMAN

The romance report

We asked your advice for keeping a marriage really passionate. Here's the best of your loving responses

Video valentines

Rent these cinema classics to put you (and your honey) in a romantic frame of mind:

Casablanca
Bogart, Bergman and the ultimate love story.

The Way We Were
Redford's pretty, Streisand's gutsy, as she wins, then loses her man.

Out of Africa
Streep and Redford sizzle in the sexiest shampoo scene on the screen.

Ghost
Who can forget Demi, Patrick and the pottery wheel?

Pretty Woman
Julia Roberts steals hearts in this modern fairy tale.

THEY'RE PLAYING OUR SONG

I fell in love with my husband, Michael, on the dance floor. That was in college, when Saturday nights were spent bopping on sticky frat-house carpets. We met at a party and danced the night away. Not only could he twist, he could jitterbug and waltz, too. I was hooked.

Eight years later, our Saturday nights are more likely to be spent barbecuing with family and friends. But whenever we dance, I see my husband as I did back in college: spontaneous and carefree. Whether the band plays Top 40 or Sinatra, we move in sync on the dance floor. We become that crazy young couple in love, singing along with the band. In each other's arms we forget everything else. *—Jan Rosman, Minneapolis*

AMOROUS ADVENTURES

After being ecstatically married for thirty-three years, we enjoy refurbishing our love affair. For instance, on the first day of school this year, my husband, Conrad, strolled into my high school English classroom and asked if this was Mrs. Giesler's class. As I accepted the lovely bouquet he delivered, he threw his arms around me, kissed me and bolted out the door. Said one of my students, "That was a friendly delivery man!"

Conrad also packs my lunch every day, and I find passionate poetry on my napkins and sandwich wrap. One torrid verse was accidentally discovered by a co-worker when I shared my lunch with her.

I surprise Conrad, too. Last fall, on our way out to dinner, I told him to look at the building we were driving by. He was startled to see a billboard with the message CONRAD IS ONE TERRIFIC HUSBAND!—*Clarice Giesler, Boise, Idaho*

FOOLING AROUND

After twenty-one years, my husband and I still play sexy games. When we're at a party, Dwight will smile and wink at me across the room. I smile and wink back and throw him a kiss. When someone asks whom he's flirting with, he'll say coyly, "My wife, Deb."

But our best caper took *(continued)*


CLARICE & CONRAD GIESLER



"It's exciting to find people who share my passion for animals."

People recognize me as "the animal lady from television." But that's only a small part of what I do.

I've been the Goodwill Ambassador for the San Diego Zoo for 23 years. And I've travelled all over the world to help protect animals and to promote a better understanding of them. Animals are my life.

So when ALPO® asked me to work with them, I needed to know they were a company that shared my passion.

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Joan Embery

Joan Embery



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EXOTIC PASSIONS RUN WILD

(continued) place at work. I'd been with the company for ten years when Dwight got a job there, too. One day, when we passed each other in the hall, Dwight kissed me gently on the cheek and I blushed. One of my co-workers saw this and asked me if I was having an affair. I said that I was . . . with my husband, who now works for the company. She was surprised by our game. "Do you two do that all the time?" she asked. "Yes," I told her. "That's what keeps our love so strong—and so sweet."—*Deborah L. Love, Dallas*


DEBORAH & DWIGHT LOVE

SHOWERED WITH LOVE

This year, my husband, Jon, and I will celebrate our twentieth anniversary. We find new ways to keep our relationship exciting.

One memorable evening, I bought a couple of cans of whipped cream and put them in the refrigerator with a note that said, "Meet me in the shower at nine P.M. tonight . . . and bring the whipped cream." He did, and it was unbelievably sexy. Now each time he orders dessert in a restaurant, he looks at me with a smile and asks if he should get the whipped cream to go!

—Karen Sollie, Irvine, California

THE LOVE TUB

Our passion came alive after the purchase of our hot tub. Late at night, after our two children are asleep, the dishes are washed and the laundry is put away, my husband, David, and I slip into our bathing suits (sometimes we skip the suits!) and into our outdoor tub. We sit close, the water swirling around us, and talk about what we did that day, reminisce about the past and dream about the future. Thanks to our hot tub, we spend more time with each other than ever before.—*Sandy Fedrizzi, Lima, New York*

A NIGHT TO REMEMBER

After eighteen years together, my husband, John, and I keep the sparks flying.

Our latest adventure happened last summer. It was a Friday, so I told John to meet me at a hotel lounge after work for happy hour. He didn't know that I'd smuggled a suitcase out of the house that morning containing a bottle of wine and my sexiest lingerie. I'd also arranged for my sister to baby-sit our daughter overnight.


KAREN & JON SOLLIE

At the hotel, I checked into a room, slipped into a slinky black dress and put on John's favorite perfume. Then I met him in the lounge. We chatted for an hour over drinks, then I looked directly into his eyes and told him all the delectable, naughty things I


SANDY & DAVID FEDRIZZI

serve in Operation Desert Storm as a flight nurse with the Air Force Reserves. But Matt told me he loved me in so many quiet ways: He assembled my equipment, and when I was shipped overseas, he wrote to me almost every day. He even sent me tapes he'd made of love songs. I am truly blessed—and madly in love with him.—*Kathleen Conry Wirth, McLean, Virginia*

PRIME TIME

When Bob and I were first married almost ten years ago, we began playing a game that's lasted ever since. On Monday, Wednesday and Friday, I love him the most. On Tuesday, Thursday and Saturday, he loves me the most. On Sunday, we love each other equally.

On our days to love, we do special things for each other. I wear a pretty nightgown or fix a romantic dinner. Bob brings me a small gift or does an extra chore.

But it's the little things that mean the most. Bob and I call each other at least once a day to say "I love you." We kiss often and we always hold hands. In our love game, we're both big winners! —*Jean Hiltenbrand, Cordova, Tennessee*

ROMANTIC RENDEZVOUS

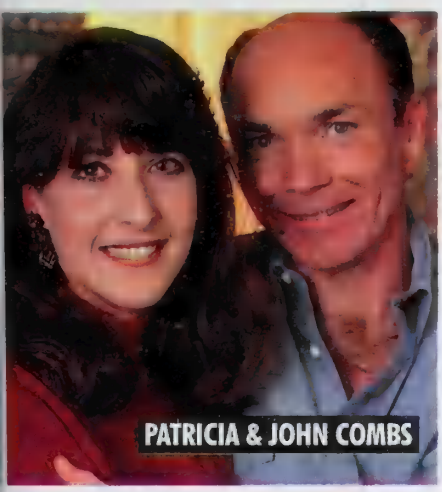
My husband, Chris, and I have been married for almost ten years. In 1985, he started his own travel agency, *(continued)*

wanted to do to him. I pulled out the key to our room and said, "And I want to do them now." Was he surprised! We had a marvelous time, and now, whenever we drive by that hotel, we have wonderful, wicked memories!—*Patricia Combs, Severna Park, Maryland*


KATHLEEN & MATT WIRTH

GIFTS FROM THE HEART

My husband, Matt, and I work to keep our passion alive. Every week, we go out


PATRICIA & JOHN COMBS

to dinner for a "business meeting," to discuss our problems, concerns and desires. This renews our commitment and keeps us on an even keel.

This last year was difficult for us, because I was called to


JEAN & BOB HILTENBRAND



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HONEST - *"If you never take care of yo car, someday it's going to break down. You buy a new car. But you can't buy a new bo* Cher is serious about fitness...and it shows! She wanted this tape to be beginning for everyone who really wants to get in shape and stay that w

REVOLUTIONARY - *"I based this pro gram on my own cross training technique. in modular increments, so if you don't hav great deal of time, or you just need to con trate on one area of the body, no sweat!"* A here's a workout tape that lets women concentrate on the areas that nee most work! The modular format also allows for an intense full-body wo in several short sessions throughout the day, as time permits.

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couples


MONIQUE & HERB YELLIN

(continued) and at first, money was tight and tension was high. About a year later, we realized we were losing touch with "us."

One of my favorite columns in LHJ is "Can this marriage be saved?" and Chris and I jokingly decided that we needed a getaway weekend to find out if *our* marriage could be saved. That was the beginning of our regular "Can this marriage..." weekends. Whenever things get to be too much for us, we spend a night or two in a bed-and-breakfast, where we can be alone and share our most intimate thoughts. There's nothing better to bring back our perspective—or our love.

—Debra Caffey, Fort Worth


DEBRA & CHRIS CAFFEY

PASSION PLAYS

Living in a big city can exhaust our best intentions to keep our relationship loving. Then there's Love Week, our chance to recharge the passion and commitment we have for each other.

It begins with my husband, Herb, sending flowers to my office on Monday morning. Then I go home early to make his favorite meal. During the next few days, we date: We go to dinner, to the theater and walk home from work together. We kiss in the street, make out in the movies and promise each other erotic encounters over the phone.

Few believed our marriage would make it because of religious, age and philosophical differences. Despite the odds, we're still together thirteen years later and loving it!—*Monique Yellin, New York City*

Photos, from left: Reid Horn, Robert L. Johnson



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My children, My grandchildren



Ladies' Home Journal February 1992

Last fall, Arlette Schweitzer made headlines when she became the first American woman—and the second known in the world—to give birth to her own grandchildren. The twin boy and girl were the in vitro offspring of Schweitzer's daughter, Christa, who was unable to carry them because she was born without a uterus. Here, in a journal of what happened before, during and after her historic decision, the forty-three-year-old school librarian from Aberdeen, South Dakota, tells her miraculous story for the very first time.

BY ARLETTE SCHWEITZER, WITH KATHRYN CASEY

AUGUST 6, 1984

Four days ago, Christa went to the doctor—and changed our lives forever. It was supposed to be a routine visit, although my husband, Danny, and I were a little concerned that at fifteen Christa had not yet started to menstruate. I reassured myself that it was not so unusual, however, and I was so sure everything was fine that I didn't even go along. A short while later, her doctor, Phyllis Heinemann, called and said, "Arlette, you'd better come down here."

When Danny and I got there, Christa was sitting outside the X-ray department. I sat down next to her. She immediately put her arms around me and said, "Mom, I don't have a uterus." We both began crying; Christa has always had such a fervent desire to become a mother. The doctor told us later that Christa's condition is called Rokitansky-Küster-Hauser syndrome. It is very rare.

The days since then have been a blur. It seems so final, never to be able to have children. I cry a lot in bed at night. I don't let Christa see me cry, although I realize that she is probably in her bedroom doing the same thing. I understand all too well the pain of the loss Christa is suffering. In 1971, when Christa was three and her brother Curtis was six, my third child, Chad, died of crib death. It was the lowest point of my life.

AUGUST 8, 1984

We spent the day in Minneapolis, at the University of Minnesota Hospital and Clinic, where doctors gave Christa a more thorough exam. Some women with Christa's condition also have other deformities—horseshoe-shaped kidneys or no ovaries—so we drove here not knowing if there would be more bad news. The doctors said she's one of the lucky ones, however. Her kidneys are fine, and she has two healthy ovaries. Like Dr. Heinemann, these doctors advised us to go home and go on with our lives. We'll try.

AUGUST 22, 1986

For the past two years, all of us have done our best to follow the doctors' advice and put Christa's bad news behind us. Still, we've been reading a lot about new medical procedures for infertility, and I've often said to Christa that maybe science would be able to help her someday: Just think of events like the birth of Louise Brown, the British test-tube baby, in 1978. Ten years ago, who would have believed that possible? Still, when we went to the Mayo Clinic, we were thinking of nothing more than a general assessment of Christa's condition. Then, after Dr. Steven Ory, the physician assigned to Christa, came in to talk to us, I said, half jokingly, that I wished he could transplant my uterus into Christa's body. "After all," I said, "I'm not planning to use it anymore." Dr. Ory looked at me and said, "How old are you?" I said, "Thirty-seven." He paused for a moment and said, "I don't think a uterus transplant is possible, but . . ." He didn't *(continued on page 188)*

"I AM SIMPLY A MOTHER TRYING TO HELP HER DAUGHTER FULFILL HER DREAMS," ARLETTE SAYS. "GIVEN THE OPPORTUNITY, WHAT MOTHER COULD DO LESS?"



When you first walk into Barbra Streisand's large but cozy apartment on Central Park West, in New York, you wonder whether you're in the right place. How could Streisand—the most assertive woman in Hollywood, the producer/director/star of *The Prince of Tides*, feminist and defender of every difficult cause—surround herself with all these doilies and pink frills? And isn't she supposed to be as reclusive as she is powerful? Then what are all these happy laughing photos doing everywhere, showing Barbra and her friends enjoying themselves while skiing, playing tennis and shopping for antiques?

Just down the hall from the candy-box living room, there's an office that looks more like the Streisand we think we know: sleek and no-nonsense. How can the same woman occupy both? Because Barbra Streisand not only acknowledges her contradictions but revels in them. "I'm scared AND I'm strong," says Barbra in a rare extended interview. "Now, I'm supposed to be this big, powerful woman, but I'd be scared to get on a train by myself, or travel alone through Europe. So there's always a contradiction. Like I have periods where I'm very centered and lucid and loving. And then I go through periods where I feel just absolutely dysfunctional."



STREISAND AND NICK NOLTE PLAY LOVERS IN "PRINCE OF TIDES," THE FIRST MOVIE SHE'S DIRECTED IN ALMOST NINE YEARS

Not these days, however. Dressed in an elegant black wool pantsuit, her hair blond and straight, Streisand, who'll turn fifty in April, looks radiant. She's never been busier. Her thirty-year, four-CD retrospective, *Just For the Record*—packaged in a pink, froufrou box that resembles her living-room decor—has been riding the pop charts since October. And late in December, *The Prince of Tides*, her first new film since *Yentl*, in 1983, opened to great fanfare. Adapted from Pat Conroy's novel, the movie concerns a disillusioned, troubled high school football coach, played by Nick Nolte, who leaves his home in rural *(continued on page 150)*

Photos: left, Columbia Pictures; right, Columbia Records.



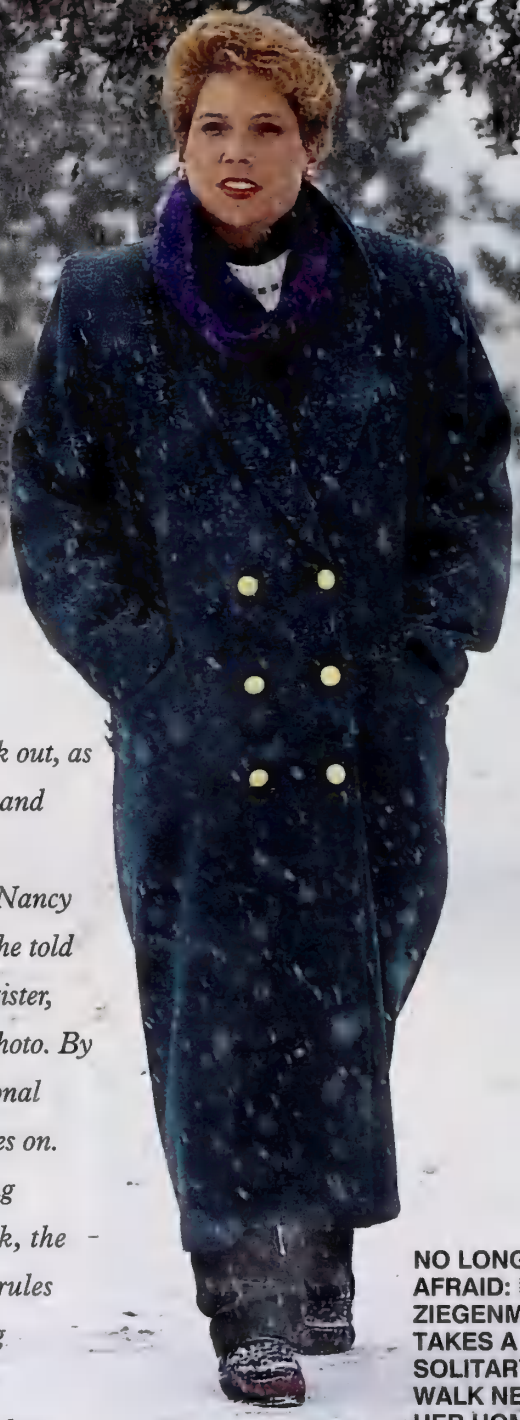
Barbra's new direction

AT FORTY-NINE, SHE'S ONE OF THE MOST POWERFUL—AND PRIVATE—WOMEN IN HOLLYWOOD. HERE, IN AN EXCLUSIVE INTERVIEW, BARBRA STREISAND OPENS UP ABOUT HER WORK, HER FAMILY AND HERSELF.

BY PAUL ROSENFIELD

TAKING BACK MY LIFE

THE WOMAN WHO BROUGHT RAPE OUT OF THE SHADOWS BY SPEAKING OUT IN HER OWN NAME TELLS HER POWERFUL STORY. BY NANCY ZIEGENMEYER, WITH LARKIN WARREN



NO LONGER AFRAID: NANCY ZIEGENMEYER TAKES A SOLITARY WALK NEAR HER HOME IN GRINNELL, IOWA

During the summer of 1989, Nancy Ziegenmeyer was profoundly moved by an editorial about rape in The Des Moines Register. In it, the paper's editor, Geneva Overholser, argued that "protecting" rape victims by not using their names encouraged silence and shame about the crime. She wrote: "I believe that we will not break down the stigma until more and more women take public stands. I urge women who have suffered this awful crime and attendant injustice to speak out, as a few are beginning to do, and identify themselves."

A recent victim herself, Nancy Ziegenmeyer responded. She told her story openly in the Register, using her real name and photo. By doing so, she began a national soul-searching that still goes on.

In this frank and moving excerpt from her new book, the woman who changed the rules talks about her harrowing experience—and the brave decision that has helped other women across America.



It was a little after five A.M., and the fog was so thick I couldn't see the street. It was hard to drag myself out of bed when the alarm went off—I'd stayed up studying until midnight the night before, trying to cram in every last tiny bit of information for the real estate exam I was taking that morning.

Steven had already gotten up, and while I showered, he went downstairs and made coffee. Passing the exam would mean no more waitressing, no more bartending, no more leaning on Steven for the money that a family of five needs to get by, even in a small town like Grinnell, Iowa.

I quickly ran upstairs to wake the kids and kiss them each good-bye. Nicholas, six, and Ben, five, sleepily wished me good luck; Sissy, four, just made a little face and rolled back over into her pillow.

Steven walked me out to the car. "I guess we'll see you sometime after lunch," he said. "Good luck."

I waved good-bye to Steven, then backed out. Just six A.M., plenty of time to get to Des Moines for the test at seven-thirty.

It was only November 19 [1988], but I was already looking forward to the holidays. Steven and I had been through terrible marital troubles over the past year—we'd even gotten a divorce—but we'd battled it all out, and now we were back together. It had finally begun to look like we were going to make it. I would be twenty-eight in January and was growing more and more excited about the changes in our lives. If I did well on this test today, it'd almost be like icing on the cake.

It was 7:05 when I finally turned into the parking lot of the Grand View College Science Building. I parked the car and cut the ignition. Suddenly, the driver's door opened and somebody reached in and grabbed my neck. "Move over!" demanded a male voice.

Startled, I looked up to see a young black man pushing his *(continued)*

From TAKING BACK MY LIFE, by Nancy Ziegenmeyer, with Larkin Warren. Copyright ©1992 by Nancy Ziegenmeyer and Larkin Warren. To be published this month by Summit Books.

(continued) way into the car. I instinctively raised my hand, but he grabbed it and with his other hand covered my face with some kind of white cloth. I tried to twist away, to scream.

"Quit fighting," he said, "or I'll kill you." He shoved me across the car into the passenger's seat and pushed my seat back. He grabbed my long denim coat and pulled it over my head.

"Where's your money?" he said.

"It's here," I said, gesturing to the console between the seats and fumbling with the money—three or four dollars. He took it. Then I heard the car start up, and I tried to slip my right hand toward the car door.

He must've thought I was trying to pull the coat off my head, because he shouted, "Don't look at me, or I'll kill you!" and slammed me back down hard against the seat and started the car. I assumed he had a weapon. Where is he taking me? Is he going to kill me?

Then he started to talk, to ask me questions. I told him I was married with three kids. Suddenly I could hear my husband Steven's voice inside my head. Calm down, Nancy. Pay attention to what's going on around you. I carefully peeked out under the coat, to my right, and briefly saw a large, light-green house. Then I saw a big front porch, with a number on it: 1320.

He drove around some more. He started to talk about white people. He said his father had been shot by a white person, and there had been a trial. After the trial was over, his sister had been raped by a white man because she'd testified. That was what white people had always done to black people.

"But I'm not going to rape you," he said. "And I'm not going to kill you, because you've got kids."

He stopped the car. Peeking out from under the coat, I saw we were in a parking lot. And then he moved toward me.

He unzipped his pants. I could see his hands, and I heard the zipper. He suddenly pushed me face down on the console, yanking at my tights and my underpants. My body shut off. Only my mind was working. I couldn't even think of what was happening in terms of a sex act. All I could think of was death.

I opened my eyes. I could see a blue suit with pinstripes. White shirt. And white sweat socks.

After he'd ejaculated, he got off me and moved back to the driver's seat, pulling up his pants.

I struggled awkwardly to get



Hiding what had happened was never an option. We told them someone had "touched Mommy bad"

dressed as he drove, five, six, seven minutes. I pulled up my underpants, cotton ones, with blue dinosaurs on them. That's funny, I thought. There were tears in my eyes, but I didn't make a sound. I won't cry, I thought. I won't give him that.

When he finally came to a stop, he grabbed my wedding band and engagement ring off my finger. Then he carefully wiped off everything in the car he might've touched. He grabbed my bag from the backseat and went through everything: my books, my address book and my driver's license with my name and address on it.

"If you go to the cops, I'll come after you," he said. "I know where you and your kids live. My brothers will come after you."

Then he ordered me to get down on the car floor and stay there for at least ten minutes.

"I've got people out here, they're watching the car."

He opened the door and got out, taking my bag with him. I heard the door slam.

Keeping my head down, I hurled myself across the seat and hit the car door button, locking myself in, then pulled the coat off my head, gulping the air. He was gone.

Living with fear

After driving around in circles, I suddenly recognized Mercy Hospital. I ran to the emergency room and began to fall apart, to hyperventilate, gag and cry. "I've been raped," I said loudly, to a waiting room full of shocked, silent people. A nurse appeared from somewhere and steered me to a chair.

"We want to call the crisis center," she said. "They'll send a counselor. She'll help you through the examination, and then she can stay when the police come, to help you with the report."

The police? Wait a minute. No police. "I've seen this on TV!" I cried. "They'll blame me." They'd get me into court and drag my whole life out for people to look at. And the mere thought of an examination, of someone touching me where that man had touched me . . . oh, God, I wanted to go home.

"Look," the nurse said gently, "the police have to come into this. These men, they repeat this crime, over and over. With your help, maybe we could stop him."

"All right," I said wearily.

When the examination ended, Dee Ann Wolfe, the counselor from the crisis center, gave me a warm gray sweat *(continued on page 193)*



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SOMETIMES YOU NEED A LITTLE FINESSE SOMETIMES YOU NEED A LO

STYLE



Photo, J. Hill; hair, Gad Cohen for Gad Cohen Studio; makeup, Linda Mason for Linda Mason Elements. Jacket, J.H. Collectibles; hat, Lola for Vera; scarf, Honey; model, Silke Horstkamp of Next.

ON THE CUTTING EDGE: BOLD BEAUTY AND FASHION NOTIONS THAT GET YOU NOTICED, PLUS DOZENS OF HOT DESIGN INNOVATIONS FOR THE NEW AMERICAN HOME. CATCH ALL THAT'S CURRENT

Look-again looks

ANYONE CAN BE ONE OF THOSE WOMEN *EVERYONE* NOTICES. START WITH THESE ESSENTIAL ELEMENTS, ADD A DASH OF CONFIDENCE, AND YOU'VE GOT THE INGREDIENTS FOR TRAFFIC-STOPPING STYLE.

BY LOIS JOY JOHNSON
BEAUTY AND
FASHION DIRECTOR

Photos: J. Hill. All makeup, Linda Mason; hair, Gad Cohen for [illegible] Studio. Model, Angel of Next.



nervy color

LUXURIOUS HAIR



BRIGHT LIGHTS, BIG PRETTY, LEFT: LUSTY SHADES OF NEON YELLOW, ACID GREEN AND FUCHSIA ALWAYS CAUSE A COMMOTION, BECOMING EVEN BOLDER WHEN PAIRED WITH BLACK. (P.S. IF YOU'RE FAIR, WEAR BLACK NEAR YOUR FACE —A CREW OR TURTLE— OR THE HOT HUE WILL MAKE YOUR SKIN A WASHOUT. ANOTHER STRIKING HEAD-TURNER, ABOVE: RICH-LOOKING, SALON-PERFECT HAIR. QUICK ROLLER SETS ADD LUSH BODY; TREATMENT PRODUCTS SUCH AS CLAIROL CONDITION 3-IN-1 SHAMPOO PLUS FOR EXTRA BODY AND CLAIROL CONDITION MAXIMIZING TREATMENT FOR FINE/LIMP HAIR SOFTLY PUMP UP THE VOLUME. TRY L'ORÉAL COLORVIVE TECHNICARE INSTANT SHINE BOOSTER FOR SILKY BOUNCE.

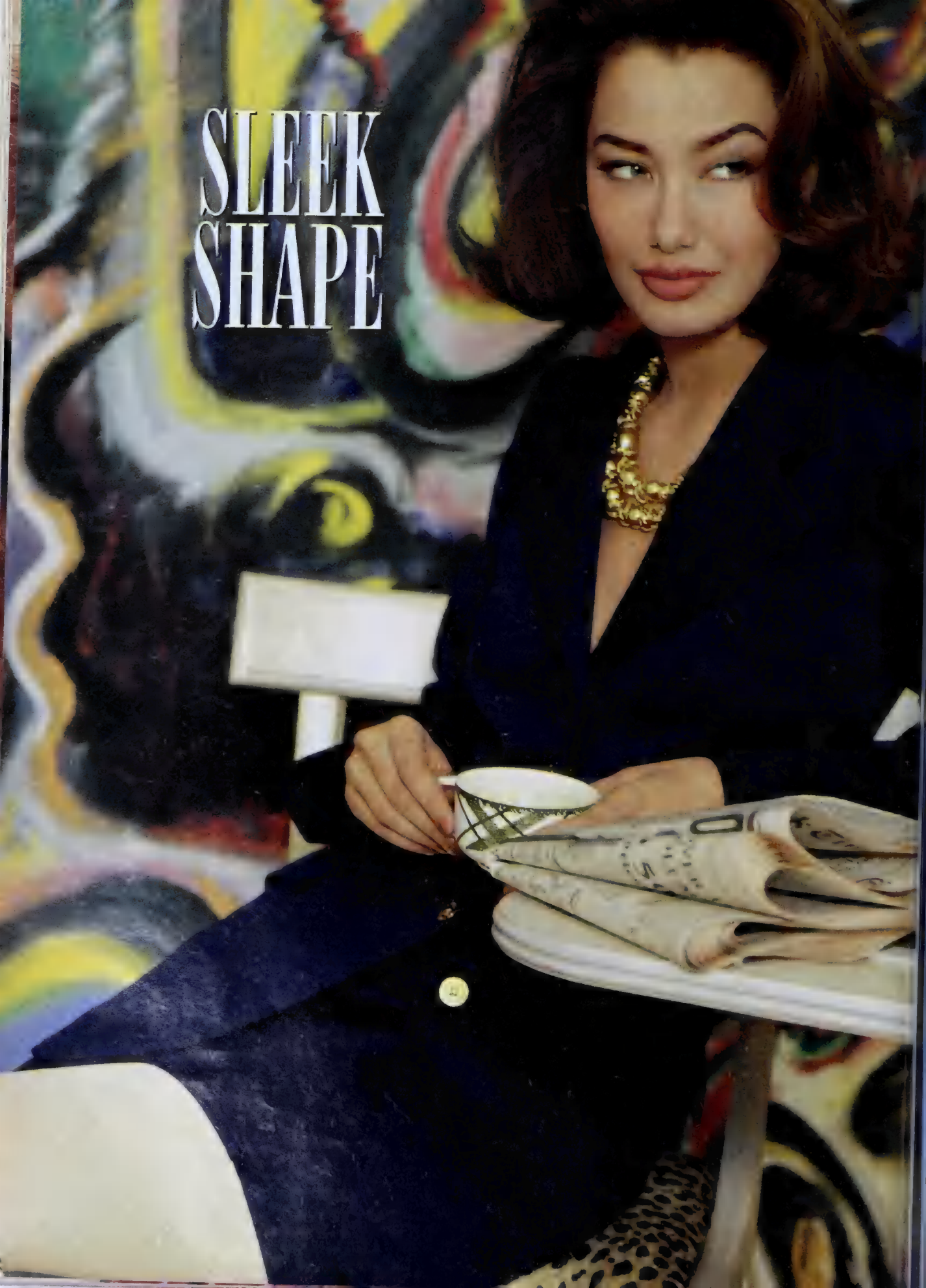
Left: Suit, Anne Klein A-Line; necklace, Yves Saint Laurent; hose, Calvin Klein; gloves, Shalimar. Above: Jacket, Agnes b.; necklace, Yves Saint Laurent; model, Sky Nellor of Next.


standout
earrings

SEXY BRA

ATTENTION-GRABBING APPEAL, LEFT: HUGE CHUNKY CLIP-ONS STUDDED WITH FAUX PEARLS OR COLORED GEMS BRING RADIANT FOCUS TO THE FACE. THE NEWEST SHAPES: FLOWERS AND MEDALLIONS. THEY'RE BIGGER THAN YOU'RE USED TO WEARING, FOR THE SAKE OF MAKING A SPLASH. RIGHT, BE CONFIDENT YOU'RE A KNOCKOUT: AN UNDERWIRE PUSH-UP BRA UNDER YOUR EVERYDAY CLOTHING IS THE ULTIMATE FIGURE FLATTERER. ACCORDING TO KAREN BROMLEY, SPOKESPERSON FOR THE INTIMATE APPAREL COUNCIL, 60 PERCENT OF ALL BRAS SOLD IN DEPARTMENT AND SPECIALTY STORES ARE UNDERWIRE, WITH PUSH-UP BRAS THE FASTEST-GROWING CATEGORY. THE BEST-SELLERS? SUMPTUOUS SHADES OF PERIWINKLE, SEA GREEN, IRIS, CORAL AND RASPBERRY.

Left: Jacket, Tempo; earrings, Jay Strongwater; bracelet, Yves Saint Laurent; model, Ana Rahmberg of Ford. Right: Bra, Victoria's Secret Catalogue; shirt, DKNY; necklace, Agatha; model, Silke Horstkamp of Next.


SLEEK
SHAPE

UNMISTAKABLE ALLURE, LEFT: DRESSING THIN IS AN EASY WAY TO ATTRACT TO THE MAX. THE KEY IS LONG-OVER-LEAN PROPORTIONS IN ONE TONE. THE JACKET TO LOOK FOR IS HIP-SKIMMING AND SOFTLY TAILORED. MORE LOOK-SLIM SCHEMES? A DEEP-V NECKLINE, SUBTLY ENHANCED SHOULDERS. GET A LEG UP, BELOW: ANYONE CAN LOOK LEGGY WITH SPANDEX-BOOSTED SHEER BLACK HOSE (L'EGGS SHEER ELEGANCE AND HANES SILK REFLECTIONS ARE OUR FAVES) AND A LOW-IMPACT LEG-SHAPE-UP ROUTINE. (TIP: SCLEROTHERAPY ZAPS UNSIGHTLY VEINS PAINLESSLY.)

Left: Suit, Sonia Rykiel; hose, Calvin Klein Bodyfit Matte; necklace, Jay Strongwater. Below: Turtleneck, DKNY; skirt, Anne Klein A-Line; belt, Yves Saint Laurent; shoes, Maud Frizon; hose, Hanes Silk Reflections.



hot legs


AGELESS
SKIN



status accessories

A FACE IN THE CROWD, FAR LEFT: A FLAWLESS COMPLEXION GETS YOU NOTICED, AND THE NEWEST MATTE-FORMULA FOUNDATIONS ARE THE TICKET. THEY GO ON SMOOTH, OFFER COMPLETE CONTROL, AND DON'T MAKE YOUR SKIN LOOK MADE UP. MATCH YOUR SKIN TONE TO ONE OF THESE BEST BETS: MAYBELLINE FINISH MATTE WATER-BASED LIQUID MAKE-UP, PRESCRIPTIVES QUICK COVER COMPACT MAKEUP, L'ORÉAL HYDRA PERFECTE PROTECTIVE HYDRATING MAKE-UP. FRENCH DRESSING, LEFT: "STATUS ACCESSORIES ARE THE HOTTEST TREND NOW," SAYS JOANNE HART, A FASHION DIRECTOR AT MACY'S NORTHEAST. IT'S A SNAP TO FIND KNOCKOFFS OF CHANEL, HERMÈS AND GUCCI FOR A SONG. MUST-HAVES FOR LEFT BANK SWANK: A QUILTED LEATHER BAG, JUMBO PEARLS, A THEMED SCARF.

Far left: Jacket, Anne Klein II; jewelry, Agatha. Left: Black bag, Walborg; red bag, Adolfo; scarf, Echo; bracelet, Agatha; shirt, Equipment; vest, a.b.s. California; sweater, Malo; watch, Gruen; cuff links, Mercedes Robirosa.

The new American home 1992



The home of the future is a dream come true. Join us for an exclusive tour

By Tamara Schneider, Creative Director

For the 1992 New American Home Show, sponsored by the National Council of the Housing Industry, the Journal teamed up with architecture experts from *Builder* magazine and technology pros from *Popular Science* to create the haven of tomorrow. The result? A fabulous forty-nine-hundred-square-foot oasis with vaulted ceilings, a European-style central courtyard and every amenity, set in sunny Las Vegas. In the first of a series of articles, LHJ readers get a sneak peek inside, where you'll find the three most important trends in interior design—and plenty of inspirations for your own home.

A spectrum of soft shades

Interiors are coming on soft these days. In this home, hushed hues throughout make every room ultracomfortable. Using one color scheme also unifies the house *(continued)*



Though the architecture is modern, it works with all sorts of decorating styles. Love lush fabrics and a romantic atmosphere? This dining room has it. The elegant table skirt, pale pleated blinds and sophisticated table setting help soften the strong lines of the room





Ethnic accents are the newest accessories, and the living room is chock-full of them, from Indonesian rain-drum end tables (actual drums used to call the rain) to pillows sewn from African cloth and exotic knickknacks such as a pressed brass box from the Philippines



(continued) and adds to the feeling of free-flowing spaciousness. LHJ's stylists chose subtle taupes for the living room that are echoed in the dining room and accented with a touch of sea blue for an island-fantasy feel. Even the main walls that separate the living and sleeping wings of the house are a desert-pale pink. The simple palette makes an ideal backdrop for bold accents and interesting textures, such as the living room's pale-yellow sculpted Berber rug and twisted-column lamps.

Getting back to nature

Everyone has become earth-conscious lately, so it's only fitting that this home would showcase the beauty of natural materials. Hand-cut quarry-stone floors, white wood beam ceilings and stucco walls begin in the courtyard and continue through the house for a genuine outdoorsy feel. An extravagant number of huge windows bring the outside in, as does a profusion of indoor plants and trees. Even the furniture fabrics and rugs feature all-natural cotton and wool.

The earthy theme extends to the smallest details, from the bird-and-leaf motif lantern in the dining room to the living room's eye-catching brass leaf bowls.

Gimme shelter

Home life has become more important than ever, and everyone wants a comfortable, safe retreat. This house has a state-of-the-art security system that's also a fire detector. Cameras at the front gate and back door let you view visitors from any room on a special intercom system. Just push a button to let them in. Entertaining couldn't be any easier: You can program music throughout the house from one computerized center, and adjust the temperature in each room according to everyone's preference. Someone left all the lights on in the living room? No problem—one panel controls them all. In fact, this home so caters to your every need and whim, we can't imagine ever wanting to leave.

Coming next month, bedrooms and baths.

Text by Marianne Wait



The kitchen is the one room we tend to remodel most in our minds. But this one may surpass your wildest dreams. It features three stove tops, two







dishwashers and an elegant granite countertop island with a triple sink. Open shelving turns colorful plates and glassware into art. Iron cookware coordinates with multicolored wall tiling. There's even a built-in wine rack and an appliance garage to park kitchen equipment in, concealed by a rolltop tambour door. Guaranteed to inspire anyone to cook!



Photos, Jon Jensen; interior designers, Michael Foster and Charles Riley; architect, Ron Goldman of Goldman/Firth/Boccato, Los Angeles; builder, Christopher Home, Las Vegas. All items, unless otherwise listed, from JCPenney or JCPenney Spring, Summer '92 catalog. All paints, Sherwin Williams; windows, Marvin Windows; shades, Hunter Douglas; stone floors, Adoquin by Materials Marketing Co.; all fabrics treated with 3M Scotchgard fabric protector. Dining-room chandelier, the Phillips Collection. Living-room paintings, the MARISA DEL RE Gallery; palm trees, Plantworks, Las Vegas; round tables, the Phillips Collection. Kitchen cabinets, Fieldstone; sink and faucet, Kohler; dishwashers, Kitchen Aid; refrigerator/freezer, Sub Zero; tile, Ann Sacks; Jenn-Air cooktop. Details, page 181.

South Carolina to help his suicidal sister, a writer in New York. He falls passionately in love with her psychiatrist, depicted by Streisand in a very romantic role.

Love has played a big part in almost all of Streisand's movies; she has been paired with leading men from Robert Redford to Kris Kristofferson—but rarely with happy endings. "Too many of my heroines don't get the man," she says, with a smile. "That's one of the reasons why I wanted to do [the Michelle Pfeiffer role in] *Frankie and Johnny*," she adds. "I wanted to do a movie where *I* get the guy."

Although that movie slipped through her fingers, she hasn't given up the notion of producing a sequel to her 1973 smash, *The Way We Were*. This time, she promises, she and Robert Redford would be together in the fade-out. "That movie would be about how passion wins over intellect. In *The Way We Were*, it doesn't: Passion gets relegated to second position. But there's no question, he is the love of her life."

As for her own romantic life, Streisand is less forthcoming. Does the one-time wife of actor Elliott Gould—who has dated everyone from stars Don Johnson, Warren Beatty and Ryan O'Neal, to hairdresser-turned-movie-mogul Jon Peters, and most recently, composer James Newton Howard—still believe in love? "I know couples in my life who adore each other, and they're together. That's the way it's supposed to be. It takes very special people. Most people are too screwed up somehow. So many people are afraid to love that much. They're frightened of a sense of loss . . . We were meant to be together with somebody," she says finally. "We're meant to have a mate."

But contrary to assorted tabloid reports, she says, she won't be reuniting with ex-husband Gould. "[The tabloids say] I'm back with Elliott because we went and had a bagel. It's so bizarre to me . . . And I hate it—I don't want to know about it."

Still, it's hard to ignore the scandal sheets, especially recently when one ran a story alleging that Barbra's son, twenty-four-year-old Jason Gould (he plays her estranged son in *Tides*), went through a marriage ceremony with a male model. Barbra, who terms the tale utterly false, was outraged by it—and still is.

The slings and arrows of celebrity do seem to sting Streisand unusually sharply, considering how long she's been a star. She complains about the tour buses that stop near her Beverly Hills estate: "I mean they literally come like, say, every three minutes."

Nor has Streisand ever gotten used to her portrayal as an obsessive control freak. "You don't ask a man do you want to be in control—you *assume* he wants control," she declares. "Why would a woman be any different?" She still smarts over stories that Steven Spielberg was her mentor on *Yentl*; in truth, she says, his only advice after seeing the finished version was "don't change a frame."

Sipping Japanese miso bean soup, she warms to her subject. "People see it as some ego trip, it's the weirdest thing. What does producing mean? It means getting it on the screen, watching over it like it's my baby. What's wrong with a woman doing that? How could anyone *not* want to be in control of their work? It's a very antifeminist thing we're talking about here."

Streisand thinks females are often antifeminists themselves. "Women are so competitive with each other. It's just horrible! Women are not supportive of each other in general. Look at the women who called in about Anita Hill. The number who thought she was lying shocked me. She was the smartest, she was the best looking. She probably had the most style, the most grace, the most opinions. And they're ready to go in there and crucify her. This was a witch hunt. They were going to burn her at the stake. Somehow, it was like she was accusing their husbands or their fathers or their sons."

"I think I grew into my face," says Barbra.

Why does she think some women are so resentful? "Maybe it's because women are not taking their own power," says the founder of the Streisand Foundation, a nonprofit group that has given almost $4 million to liberal educational, political and environmental causes in the last few years. "They're not doing more to help themselves. So they are angry. So they have to denigrate another woman as an equalizer. I used to say that about Judy Garland, because she would try to commit suicide every once in a while—that was the equalizer in her life. So people could pity her and not hate her." Barbra, who once sang duets with Garland, recalls how Judy's hands shook. As for herself, Streisand says, "Women at first don't know whether they should trust me"—although she's proud to count several women among her best friends, including lyricist Marilyn Bergman, producer Corman and Shirley MacLaine.

Streisand concedes she's not very e to get close to, despite years of p chotherapy. "I once went to this therap and I said, you know, one of my proble is that I don't trust people. And he sa 'Why should you?' He said trust has to earned. And I said thank you. I didn't so bad about myself."

Barbra readily admits to being ir willed. "I think nothing is impossibl think you can be whatever you want to And I believe that. I don't accept the w no easily. I've always been fighting it whole life . . . You can't sing that, you ca do that, you can't wear that, you can't h that nose. You know, all that stuff. I've ways heard no. I can't stand it."

Making this new movie has softened sc attitudes, though, and now Barbra is head in a new direction. Much of the *Tides* plot c cerns family love, loss and forgiveness, she's trying to learn to deal with those feeli for real. Her father died when she was fift months old, and she grew up in pinched cumstances with a critical and distant moth

It took a while, she says, but now can understand her past. "When you st to have compassion for your parents or people who have hurt you, and then s sequently forgiveness, you also real that sometimes there's nothing to f give." As for her demanding mother, saw she did the best she could, you kno It's just another generation. And she ob ously caused me to be who I am tod Because I was only trying to prove to mother that I was something. Tha could make it."

Yet there is sadness. "I know if I ha father I would be a happier woman," s Barbra wistfully. "I would probably married—happily—and have two three children."

What does she know on the brink fifty that she didn't know at twenty-fi "I am beginning to accept myself," says softly. She thinks it shows. "It is teresting how I've gotten better lookin like my face now more than when I very young. I think I grew into my face

And herself. "I am very shy, and wh I came to Hollywood in 1967, I was int idated by the movie stars." What didn't realize was that she was already of them, having stormed Broadway a London with *Funny Girl*, not to ment her string of hit record albums. She just twenty-five years old. Her *Funny* producer, Ray Stark, "gave me this party when I got to Hollywood. It was I couldn't believe it. Here I am meeti Cary Grant! Or Marlon Brando, the o actor I ever really idolized. These peo were at a party for me? The next da read in the columns that I was arrog and aloof. The truth is, I was absolut frozen to my seat."

But didn't *(continued on page 1*



ZESTY CHICKEN AND RICE

Add ½ cup cubed cooked chicken and
1 cup cooked rice to Campbell's® Tomato Soup
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TOMATO MAC 'N' BEEF

Add ¼ pound browned ground beef and
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HEARTY VEGETABLES AND PASTA

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and peas) and 1 cup cooked corkscrew macaroni to
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TOMATO GARDEN

Add ¼ cup chopped green pepper, ½ cup sliced mushrooms
and 1 cup cooked rice to Campbell's Tomato Soup
prepared with water. Simmer 5 minutes.

Make It As Hearty As You Are Hungry.



Mm! Mm! Good!

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SAND & SABLE

WHO NEEDS THE SABLE?

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Dole Honey Mustard Chicken

Prep. time: 15 mins. **Cook time: 20 mins.**

- 1 can (20 oz.) Dole Pineapple Slices in Juice
- 4 boneless, skinless chicken breast halves
- 2 tsp. vegetable oil
- 2 large cloves garlic, pressed
- 1 tsp. thyme, crumbled
- 1 Tbsp. cornstarch
- ¼ cup each: honey, Dijon mustard

Drain pineapple; reserve juice. Sprinkle chicken with salt and pepper to taste. Rub with garlic and thyme. Brown in hot oil in nonstick skillet. Combine 2 tablespoons reserved juice with cornstarch. Combine honey and mustard; stir into skillet with remaining juice. Spoon sauce over chicken. Cover and simmer 15 minutes. Stir cornstarch mixture into pan juices. Add pineapple. Cook, stirring, until sauce boils and thickens. Serves 4.

Dole

HOW'D YOU DO YOUR DOLE TODAY?™



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FOOD JOURNAL

Romancing the scone

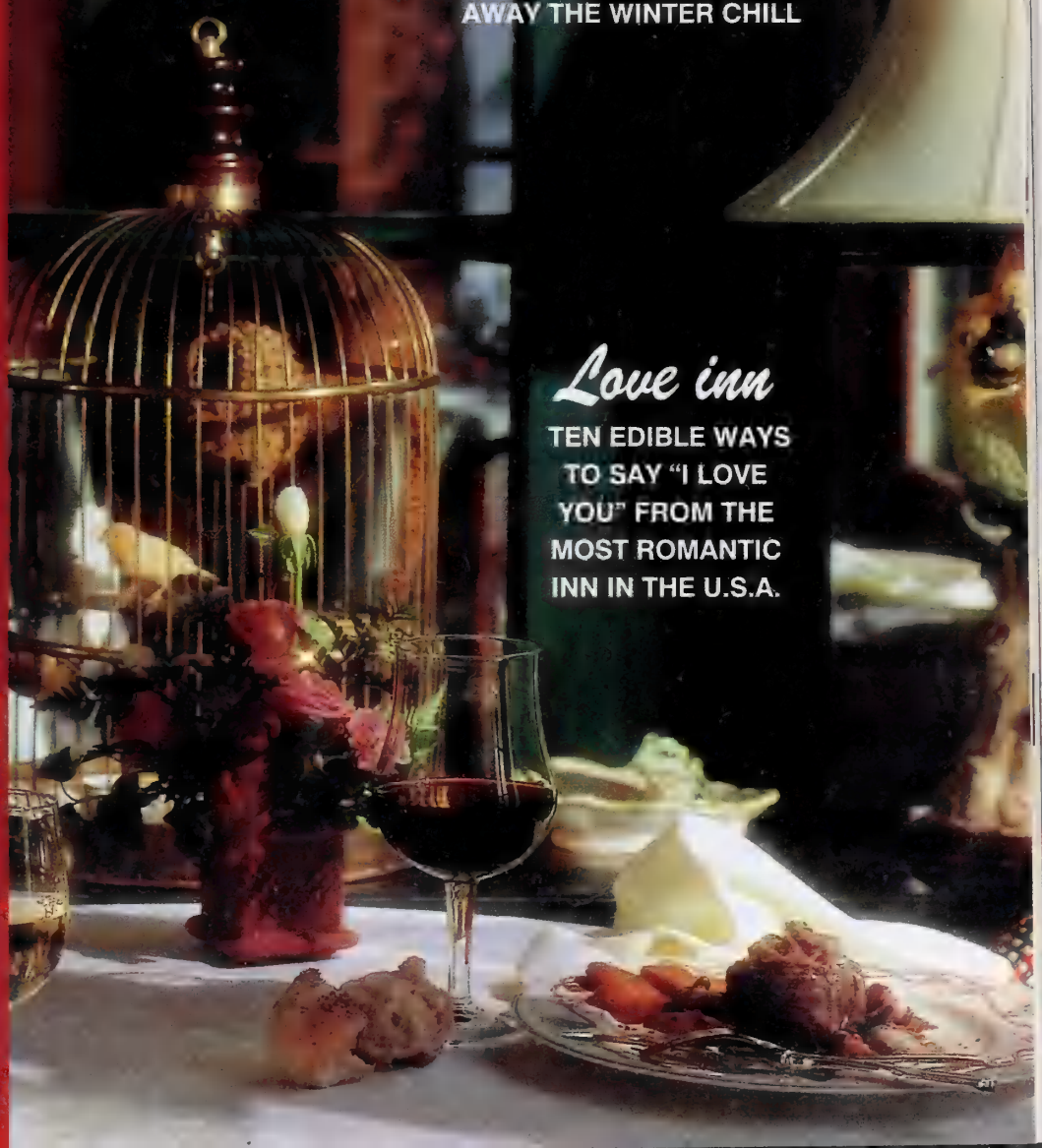
SWEET AND SAVORY WAYS TO BAKE AN OLD-TIME ENGLISH TREAT

Comfort classics

FAVORITE HEART-AND-SOUL-WARMING ENTRÉES TO CHASE AWAY THE WINTER CHILL

Love inn

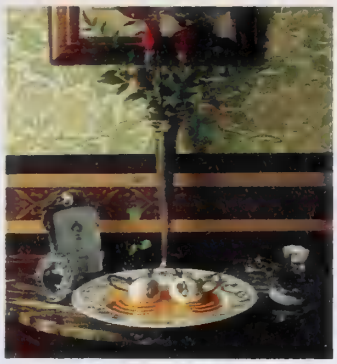
TEN EDIBLE WAYS TO SAY "I LOVE YOU" FROM THE MOST ROMANTIC INN IN THE U.S.A.



Photo, Jerry Simpson















Love Inn

Tucked away without so much as a sign, in a hamlet shadowed by the Blue Ridge Mountains, lies the country's most romantic hideaway. At the Inn at Little Washington, in Virginia (the only inn to earn five stars in the Mobil Travel Guide), couples revel in the impeccably English decor and savor meal after gourmet meal. Here, chef Patrick O'Connell shares his recipes for elegant entrées and desserts that say "I love you" in the most delicious way







All photos, Jerry Simpson

LOVE INN
continued

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

You know that *all* our triple-tested recipes are terrific, but we know how busy you are. So we've picked five recipes in this issue that you might want to try first. Watch for our choices every month.

TEN WAYS TO SAY I LOVE YOU

Whether you spend Valentine's Day weekend at a romantic inn or at home, let Chef O'Connell show you how to create just the right mood. Try one (or all ten) of the recipes and tips pictured on the previous pages—each will spark a special celebration.

FILET OF BEEF WITH OYSTERS, OYSTER CREAM AND MUSHROOMS

INDULGENT BUT WORTH IT *One of the most popular entrées at the inn, beef paired with oysters and Smithfield ham has a distinctly Southern flair. In fact, this dish was served in Southern saloons as a "real man's meal."*

Prep time: 30 minutes
Cooking time: 40 minutes ◒

Oyster Cream
- 1 tablespoon butter
- 1 teaspoon minced shallot
- ½ teaspoon minced garlic
- 2 tablespoons minced country or Westphalian ham
- 2 fresh oysters, shucked, with their liquor
- 1 tablespoon white wine
- 1 cup heavy or whipping cream
- ⅛ teaspoon curry powder
- 1 tablespoon cold butter, cut up
- Pinch *each* salt and pepper

Mushrooms
- 2 tablespoons butter
- 1 tablespoon minced shallots
- Pinch minced garlic
- 1 cup oyster mushrooms
- Pinch *each* salt and pepper

- 2 filets mignons (6 oz. each)
- 1 teaspoon vegetable oil
- Pinch *each* salt and pepper
- 8 oysters, shucked
- 2 bread slices, cut into heart shapes, toasted
- 1 tablespoon julienned country or Westphalian ham
- Snipped chives, for garnish
- Steamed French green beans and baby carrots

Oyster Cream: Melt butter in medium saucepan over low heat. Add shallot, garlic and ham; cook 6 to 8 minutes. Add oysters with their liquor and wine; cook until almost all liquid is evaporated. Add cream and curry powder; increase heat to medium. Bring to boil; boil until reduced to ½ cup. Whisk in cold butter, salt and pepper. Makes ½ cup.

Mushrooms: Meanwhile, melt butter in medium skillet. Add shallots and garlic; cook 30 seconds. Add mushrooms and cook, stirring, until tender, 5 minutes. Season with salt and pepper. Keep warm.

Meanwhile, preheat broiler and broiler pan. Rub filets with oil; sprinkle with salt and pepper. Broil 4 inches from heat 4 to 5 minutes per side for medium-rare.

Spoon ½ teaspoon Oyster Cream on each oyster and broil 1 minute. To serve, place filets on toast on 2 heated dinner plates. Arrange oysters around beef. Spoon 2 tablespoons Oyster Cream on each filet and top with ham. Spoon remaining sauce onto plates. Sprinkle with chives. Serve with steamed green beans and baby carrots. Makes 2 servings.

Per serving		Daily goal
Calories	1,100	2,000 (F), 2,500 (M)
Total fat	96 g	60 g or less (F); 70 g or less (M)
Saturated fat	52 g	20 g or less (F); 23 g or less (M)
Cholesterol	368 mg	300 mg or less
Sodium	883 mg	2,400 mg or less
Carbohydrates	19 g	250 g or more
Protein	41 g	55 g to 90 g

Words of Love

Pipe your own romantic message on a plate in luscious chocolate. Melt 2 ounces semisweet chocolate as in note below.

Note: To melt 1 ounce semisweet chocolate, chop fine and place in a microwaveproof bowl or, if using for piping, in an unsealed self-sealing plastic storage bag. Microwave on High 30 seconds; stir. Microwave 30 to 60 seconds more, until melted, stirring after each 30 seconds. Add 10 seconds for each additional ounce. If piping, snip off one corner of the bag and use like a pastry bag. For white chocolate, microwave 45 seconds or until melted, stirring after 30 seconds.

Chocolate Swans

Draw a swan's neck and 2 wings on a sheet of paper and cover with a sheet of wax paper. Melt 1 ounce semisweet chocolate *(see note above)*. Outline designs with chocolate. Repeat with remaining chocolate, moving the design to make 4 necks and 8 wings. Transfer wax paper to cookie sheet and refrigerate until set, 10 minutes.

Scoop 2 ovals of vanilla ice cream onto each of 2 dessert plates. Attach chocolate designs to form swans. Serve with Grand Marnier Sauce (recipe on page 168).

COEURS À LA CRÈME

This heart-shaped dessert, which can al be made with mascarpone cheese, h been on the menu since the inn opened they've even created a larger version f wedding cakes!

Total prep time: 15 minutes plus chilling

- ⅔ cup plus 2 tablespoons heavy crean
- 4 ounces cream cheese, softened
- ⅓ cup confectioners' sugar
- ½ teaspoon vanilla extract
- ½ teaspoon fresh lemon juice
- ½ teaspoon raspberry-flavored liqueu
- Fresh raspberries, for garnish

Raspberry Sauce
- 1 package (10 oz.) frozen raspberries, thawed
- 1 teaspoon fresh lemon juice
- 1 teaspoon raspberry-flavored liqueur

Line four ½-cup or one 2-cup hea shaped mold with cheesecloth. Pla molds in jelly-roll pan; set aside.

Beat ⅔ cup heavy cream to soft pea in small mixer bowl; set aside. Combi cream cheese and sugar in large bow Beat until smooth. Add vanilla, lemo juice, and liqueur. Gently fold in whippe cream. Spoon mixture evenly into pr pared molds. Cover with plastic wrap ar refrigerate overnight.

Invert molds onto plate and remo cheesecloth. Serve with berries ar sauce. Spoon remaining cream by ½ te spoonfuls onto sauce and draw a toot pick through each to form hearts. Mak 4 servings.

Raspberry Sauce: Puree raspberries blender. Strain through fine sieve. Stir remaining ingredients. Makes 1½ cups.

Per serving		Daily goal
Calories	330	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F); 70 g or less (
Saturated fat	15 g	20 g or less (F); 23 g or less (
Cholesterol	86 mg	300 mg or less
Sodium	100 mg	2,400 mg or less
Carbohydrates	25 g	250 g or more
Protein	3 g	55 g to 90 g

Chocolate Truffles

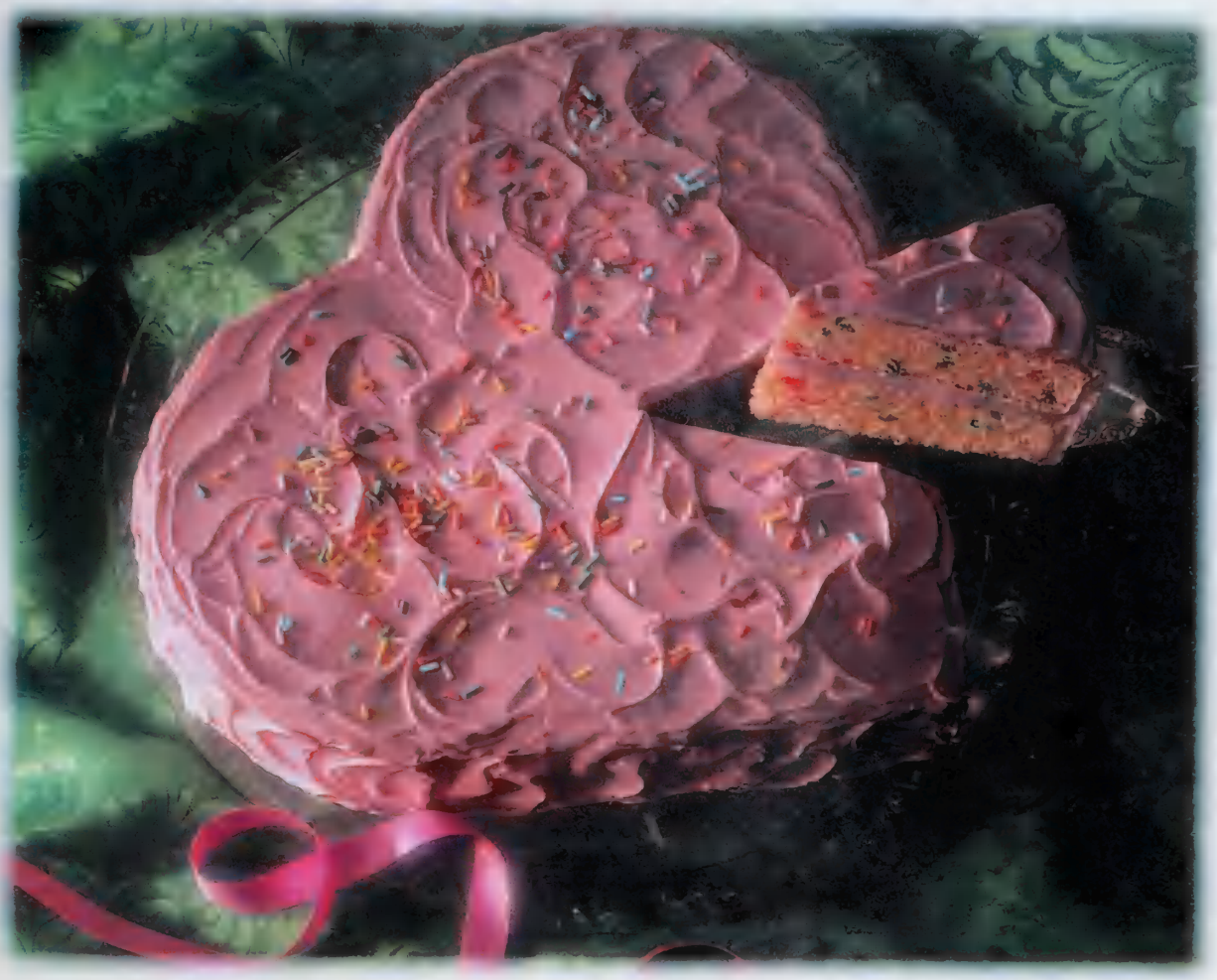
Pamper your valentine the way elega inns and hotels treat their guests, b saying good night with a beautiful packaged truffle (or two) on his pillo

Chocolate Napoleon

Melt 2½ ounces semisweet chocolat *(see note)*. Spoon 2 teaspoons melte chocolate into a small self-sealing plast storage bag; set aside. Spread remainin chocolate evenly into an 11-inch squa on wax paper. Transfer to cookie she and refrigerate until almost set, 3 minute With 2½-inch heart-shaped cookie cutte cut out 4 hearts; refrigerate until set, 1 minutes.

Meanwhile, for white hearts, melt ounce white chocolate *(see note)*. Sprea into 6-inch square on wax *(continue*

How do I love thee?



Let me count the sprinkles.



This Valentine's Day, make your kids a cake with Pink Funfetti® Frosting and Funfetti® Cake Mix and sprinkle on the love. Start with 2 boxes of Pillsbury Plus® Funfetti® Cake Mix and 2 cans of Pillsbury Funfetti® Pink Vanilla Frosting. Bake two 8-inch square cakes and two 8-inch round cakes. Cut round cakes in half. Place round halves of one cake on sides of square cake. Frost. Repeat for second layer. Frost and sprinkle with decorator sprinkles. For single layer heart cake, cut recipe in half.





Make the moment™ with Pillsbury.

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LOVE INN

continued

paper. Snip off the tip of one corner from the reserved bag of dark chocolate. Before the white chocolate sets, pipe thin parallel lines of dark chocolate ½ inch apart over white chocolate. Immediately draw a toothpick back and forth through the lines to marbleize. Transfer to cookie sheet and refrigerate 3 minutes. With 2½-inch heart-shaped cutter, cut out 2 hearts and refrigerate until firm, about 10 minutes.

To serve, place 1 dark-chocolate heart on each of 2 serving plates. Top with fresh raspberries and whipped cream. Add another chocolate heart, then berries and cream. Top with the white-chocolate heart. Serve with Grand Marnier Sauce (see page 168) and a dollop of melted raspberry jelly.

PECAN TORTE

The pairing of pecans and chocolate makes this one of the inn's most popular—and delectable—desserts.

Prep time: 1 hour plus chilling ◒ Ⓜ
Baking time: 42 to 44 minutes

Pastry
- 1 cup all-purpose flour
- 1 teaspoon sugar
- Pinch salt
- ⅓ cup cold butter, cut up
- 3 to 4 tablespoons ice water

Filling
- 2 squares (2 oz.) semisweet chocolate, melted
- 1⅓ cups sugar
- ⅓ cup water
- 1 cup heavy or whipping cream
- ¼ cup butter, cut up
- 1 large egg, lightly beaten
- 1 cup pecans, toasted and chopped

Whipped cream, for garnish
Chocolate Wedges, (recipe follows)

Pastry: Combine flour, sugar and salt in bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle with water 1 tablespoon at a time, tossing with fork until pastry is moist enough to hold together. Shape into thick disk. Wrap and refrigerate 1 hour or overnight.

Preheat oven to 425°F. On lightly floured surface, roll pastry into 11-inch circle. Fit into 10-inch tart pan with a removable bottom. Trim to edge of tart pan; prick bottom with fork. Freeze 15 minutes. Cover pastry with foil and fill with dried beans. Bake 12 minutes. Remove foil with beans. Bake 10 to 12 minutes more, until golden brown. Cool on wire rack.

Filling: Reduce heat to 400°F. Brush bottom of cooled tart shell with melted chocolate; place tart pan on cookie sheet.

Combine sugar and water in mediu heavy-bottomed saucepan. Bring to b over medium heat; boil until amber-c ored and sugar is completely dissolve 15 minutes. (Do not stir.) Remove fr heat and gradually whisk in hea cream until smooth. Add butter a whisk until melted, then whisk in egg. S in nuts.

Carefully pour filling into prepared t shell; bake 10 minutes. Reduce heat 350°F. and bake 10 minutes more or u filling is bubbly in center. Cool complet on wire rack. *(Can be made ahead. C er and refrigerate up to 24 hours.)* Ser tart with whipped cream and chocol wedges. Makes 8 servings.

Chocolate Wedges: Trace outline of 1 inch tart pan onto wax paper. Cut into wedges. Place wedges on another she of wax paper. Melt 3 ounces semiswe chocolate (see note on page 160). Pi chocolate along edge of one wedge; in outline with free-form lacy pattern. R peat with remaining wedges. Refrigera until set.

Per slice with 1 chocolate wedge		Daily goal
Calories	590	2,000 (F), 2,500 (M)
Total fat	41 g	60 g or less (F); 70 g or less (
Saturated fat	20 g	20 g or less (F); 23 g or less (
Cholesterol	103 mg	300 mg or less
Sodium	173 mg	2,400 mg or less
Carbohydrates	59 g	250 g or more
Protein	5 g	55 g to 90 g

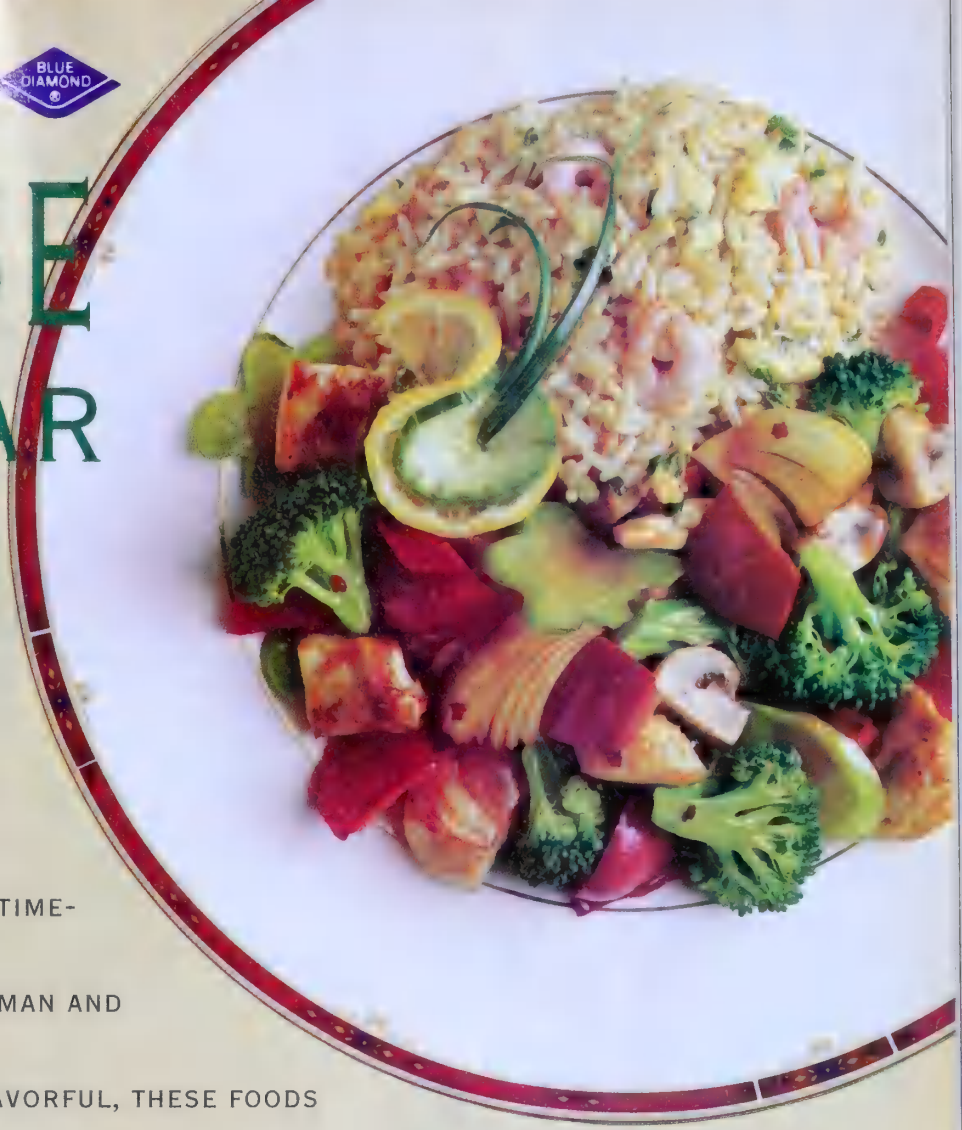
(continued on page 16

KIKKOMAN

BLUE DIAMOND

CHINESE NEW YEAR

CELEBRATION OF GOOD TASTE



THIS YEAR, THERE'S A GOOD REASON TO CELEBRATE THE CHINESE NEW YEAR — TASTY, TIME-SAVING RECIPES FROM KIKKOMAN AND BLUE DIAMOND. FAST YET FLAVORFUL, THESE FOODS ALLOW PLENTY OF TIME FOR THE FUN AND FESTIVITIES DESCRIBED ON THE NEXT FEW PAGES. JOIN US, AS WE WELCOME THE 4,690TH LUNAR YEAR, THE YEAR OF THE MONKEY.

Shrimp Fried Rice, Jade & Ruby Stir-Fry



DRAGON DANCES ARE ONE OF THE HIGHLIGHTS OF THE LANTERN FESTIVAL, WHICH MARKS THE TRADITIONAL NEW YEAR CELEBRATION.



BETTER HOMES AND GARDENS TEST KITCHEN

This seal assures you that every recipe appearing in *Chinese New Year: A Celebration of Good Taste* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

CHINESE NEW YEAR

YEAR-ROUND ENJOYMENT

CHINESE NEW YEAR OFFICIALLY FALLS ON FEBRUARY 4, BUT YOU CAN ENJOY THE GOOD TASTE OF KIKKOMAN AND BLUE DIAMOND PRODUCTS EVERY DAY OF THE YEAR. KIKKOMAN CAN ENHANCE AND ENRICH ALMOST EVERYTHING YOU COOK, NOT JUST YOUR ORIENTAL SPECIALTIES. STIR A COUPLE OF TABLESPOONS OF NATURALLY BREWED KIKKOMAN SOY SAUCE OR LOW-SODIUM LITE SOY SAUCE INTO CHICKEN SOUP, BEEF STEW, CHILI OR YOUR FAVORITE PASTA. FOR SIMPLE, SAVORY BURGERS, ADD 2 TABLESPOONS KIKKOMAN TERIYAKI MARINADE & SAUCE OR LOW- SODIUM LITE TERIYAKI MARINADE & SAUCE TO 1 POUND OF GROUND BEEF. OR JUST BRUSH THICK KIKKOMAN TERIYAKI BASTE & GLAZE ON CHICKEN OR STEAK FOR A QUICK TREAT.

LUCKY FOOD

TANGERINES, A NEW YEAR FAVORITE, ARE CONSIDERED A LUCKY FOOD.

SHRIMP FRIED RICE

Pictured on previous page.

2 eggs
2 tablespoons water
2 tablespoons vegetable oil
3 green onions & tops, chopped
3 cups cold cooked rice
¼ pound cooked baby shrimp
3 tablespoons Kikkoman Lite Soy Sauce

Blend eggs and water; set aside. Heat oil in hot wok or large skillet over medium heat. Add green onions; stir-fry for 30 seconds. Add egg mixture; scramble. Stir in rice, gently separating grains. Add shrimp and lite soy sauce; cook, stirring, until thoroughly heated. Makes 6 servings.

JADE & RUBY STIR-FRY

Pictured on previous page.

2 boneless, skinless chicken breast halves
1 pound fresh broccoli
2 tablespoons vegetable oil
1 medium onion, chunked
2 medium-size red bell peppers, chunked
½ pound fresh mushrooms, quartered
⅓ cup Kikkoman Stir-Fry Sauce
¼ teaspoon crushed red pepper

Cut chicken into 1-inch square pieces. Cut broccoli flowerets into bite-size pieces and peeled stalks into thin slices. Heat oil in hot wok or large skillet over high heat. Add chicken; stir-fry 1 minute. Add broccoli and onion; stir-fry 1 minute. Add 2 Tbsp. water; cover and cook 2 minutes, stirring once. Add bell peppers and mushrooms; stir-fry 3 minutes. Add stir-fry sauce and crushed red pepper. Cook, stirring, until chicken and vegetables are coated with sauce. Makes 4 to 6 servings.



Vegetarian Tofu St
with almonds

VEGETARIAN TOFU STIR-FRY

Pictured above.

1 block firm tofu
2 tablespoons vegetable oil
1 teaspoon minced fresh ginger root
1 medium onion, chunked
⅛ teaspoon salt
6 ounces fresh snow peas, trimmed and cut diagonally in half
⅓ cup Kikkoman Stir-Fry Sauce
2 medium-size fresh tomatoes, chunked
¼ cup Blue Diamond Slivered Almonds

Cut tofu into ½-inch cubes; drain well on several layers of paper towels. Heat oil in hot wok or large skillet over high heat. Add ginger; stir-fry 30 seconds or until fragrant. Add onion and salt; stir-fry 2 minutes. Add snow peas; stir-fry 1 minute. Add stir-fry sauce, tomatoes and tofu. Gently stir to coat tofu and vegetables with sauce. Reduce heat and cook only until tomatoes and tofu are heated through. Sprinkle with almonds; serve immediately. Makes 4 servings.

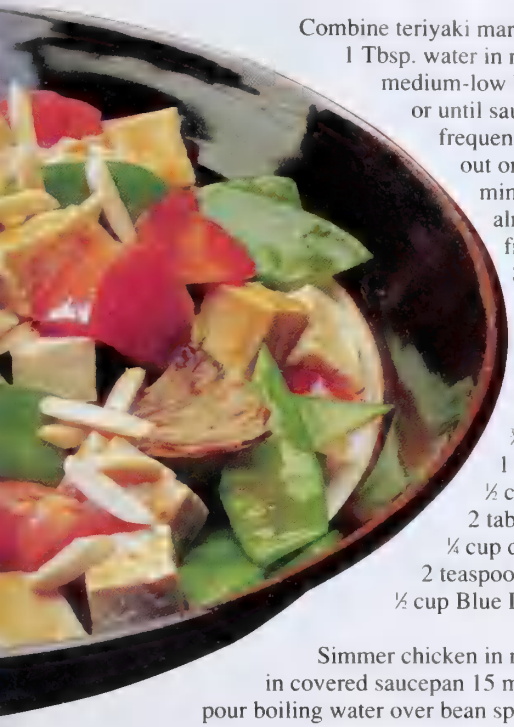


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KIKKOMAN

SICHUAN ALMONDS

2 tablespoons Kikkoman Teriyaki Marinade & Sauce
1 teaspoon brown sugar
⅛ to ¼ teaspoon Tabasco pepper sauce
1 cup Blue Diamond Toasted No-Salt Almonds
½ teaspoon vegetable oil



Combine teriyaki marinade & sauce, brown sugar, pepper sauce and 1 Tbsp. water in narrow 1-quart saucepan. Bring to boil over medium-low heat. Stir in almonds and boil about 5 minutes, or until sauce is absorbed by almonds, stirring frequently. Add oil and toss almonds until coated; turn out onto baking sheet, separating almonds. Bake 5 minutes in preheated 250° F. oven; stir and turn almonds over. Bake 5 minutes longer. Remove from pan to large plate; cool in single layer. Store loosely covered. Makes 1 cup.

MANDARIN CHICKEN SALAD

1 whole chicken breast, split
4 tablespoons Kikkoman Soy Sauce, divided
Boiling water
¼ pound fresh bean sprouts
1 carrot, peeled and shredded
½ cup slivered green onions & tops
2 tablespoons minced fresh cilantro or parsley
¼ cup distilled white vinegar
2 teaspoons sugar
½ cup Blue Diamond Blanched Slivered Almonds, toasted

Simmer chicken in mixture of 2 cups water and 1 Tbsp. soy sauce in covered saucepan 15 minutes, or until chicken is tender. Meanwhile, pour boiling water over bean sprouts. Drain; cool under cold water and drain thoroughly. Remove chicken and cool. (Refrigerate stock for another use, if desired.) and bone chicken; shred meat with fingers into large mixing bowl. Add bean sprouts, carrot, green ns and cilantro. Blend vinegar, remaining 3 Tbsp. soy sauce and sugar, stirring until sugar lves. Pour over chicken and vegetables; toss to combine all ingredients. Cover and refrigerate 1 Just before serving, add almonds and toss to combine. Makes 4 to 6 servings.

ROWAVE WILTED SPINACH & BEEF SALAD

und fresh spinach, washed
und fresh mushrooms, thinly sliced
und fresh bean sprouts, rinsed
lespoons Kikkoman Lite Teriyaki Marinade & Sauce
lespoons vinegar
spoons vegetable oil
spoons honey
und sliced cooked roast beef, cut into strips
(11 oz.) Mandarin orange segments, drained
Blue Diamond Sliced Almonds, toasted

spinach leaves with paper towels. Tear leaves into bite-size pieces and place in large microwave- bowl. Add mushrooms and bean sprouts. Blend next 4 ingredients; pour over vegetables, tossing at. Cover bowl lightly with plastic wrap; microwave on High 1 minute. Add roast beef; toss ure to combine. Cover and microwave on High 30 seconds. Add oranges and almonds; toss her gently. Serve immediately. Makes 4 servings.

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APPEAL TO ANY MEAL.
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INS, MINERALS AND FIBER.
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CE FOR SNACKING.



TIME-HONORED TRADITIONS

EXPLODING FIRECRACKERS ARE AN ESSENTIAL PART OF THE CHINESE NEW YEAR CELEBRATION. BESIDES DELIGHTING REVELERS, THE LOUD NOISES ARE SAID TO PAVE THE WAY FOR THE KITCHEN GOD.

LUCKY MONEY

CHILDREN OFTEN RECEIVE RED ENVELOPES CONTAINING "LAI SEE" OR "LUCKY MONEY."



EAST MEETS WEST

BLUE DIAMOND ALMONDS AND ORIENTAL FOODS ARE A NATURAL. ALMONDS NOT ONLY HAVE AN ENTICING FLAVOR, BUT ARE LOW IN SATURATED FAT AND HAVE NO CHOLESTEROL. SO ENJOY A "CAN A WEEK." MORE DURING HOLIDAYS, NATURALLY!



HOT & SWEET PEPPER BEEF KABOBS

1½ pounds boneless tender beef, 1 inch thick
2 large red, yellow or green bell peppers
⅓ cup Kikkoman Teriyaki Baste & Glaze
1 teaspoon onion powder
½ teaspoon ground ginger
½ teaspoon chili powder
¼ to ½ teaspoon Tabasco pepper sauce
8 10-inch metal skewers

Cut beef into 1-inch cubes and each bell pepper into 16 pieces. Combine teriyaki baste & glaze, onion powder, ginger, chili powder and pepper sauce; remove ½ cup mixture and pour over beef and peppers in large bowl, tossing to coat. Thread beef and peppers alternately on skewers, leaving space between pieces. Cook skewers on grill 5 inches from hot coals 4 minutes on each side (for rare), or to desired doneness, brushing occasionally with remaining baste & glaze mixture. Makes 4 to 6 servings.

CANTONESE SWEET & SOUR CHICKEN

2 boneless, skinless chicken breast halves
1 tablespoon cornstarch
1 tablespoon Kikkoman Soy Sauce
1 teaspoon minced fresh ginger root
1 can (11oz.) Mandarin orange segments
⅓ cup Kikkoman Sweet & Sour Sauce
2 tablespoons vegetable oil, divided
½ pound fresh snow peas, trimmed
1 bunch green onions & tops, cut diagonally into thin slices
1 to 1½ cups Blue Diamond Toasted No-Salt Almonds or Whole Natural Almonds

Cut chicken into 1-inch pieces. Combine next 3 ingredients; stir in chicken. Let stand 15 minutes. Meanwhile, reserving ¼ cup syrup, drain Mandarin oranges; blend syrup with sweet & sour sauce. Heat 1 tablespoon oil in hot wok or large skillet over medium-high heat. Add chicken and stir-fry 2 minutes; remove. Heat remaining oil in same wok. Add snow peas; stir-fry 1 minute. Add green onions; stir-fry 30 seconds. Add chicken, almonds and sweet & sour sauce mixture; cook, stirring, until all ingredients are coated with sauce. Gently stir in oranges; heat through. Makes 4 servings.

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KIKKOMAN/BLUE DIAMOND EAST MEETS WEST EVERY DAY SWEEPSTAKES

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To enter, print your name, address and daytime phone number and the words "East Meets West Every Day with Kikkoman and Blue Diamond" on an index card and mail to KIKKOMAN/BLUE DIAMOND SWEEPSTAKES, P.O. BOX 10239, DES MOINES, IA 50336-0239. No purchase necessary. All entries must be postmarked by March 1, 1992 and received by March 13, 1992.

Send your favorite recipes using Kikkoman and Blue Diamond Almonds to KIKKOMAN/BLUE DIAMOND RECIPES, P.O. BOX 110 DES MOINES, IA 50336-1069.

SWEEPSTAKES RULES

1. NO PURCHASE NECESSARY.

2. To enter, print your name, address and phone number and the words "East Meets West Every Day with Kikkoman and Blue Diamond on an index card and mail to KIKKOMAN/BLUE DIAMOND SWEEP STAKES, P.O. Box 10239, Des Moines, IA 50336-0239.

3. All entries must be postmarked by March 1, 1992 and received by March 13, 1992. No responsibility is assumed for late, lost or misdirected entries. One entry per envelope.

4. Winners will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation wh decisions are final, on or about April 1, 1992.

5. PRIZES: ONE GRAND PRIZE of a weekend getaway for two to San Francisco, including three nights' accommodation at the White Swan Inn in San Francisco, airfare from anywhere in the continenta United States to San Francisco and $500 cash; total retail value $2,000. 10 FIRST PRIZES of a West Bend® 5¼-quart electric wok; retail value $63.25. 75 SECOND PRIZES of a Better Homes and Gardens® *Complete Guide to Food and Cooking*; retail value $29.95. Only one prize per household. Odds of winning depend on the number of entries received. Grand Prize trip is subject to availability, must include a Saturday night stay and must be taken before December 31, 1992.

6. All entries become the property of Kikkoman International Inc. a Blue Diamond Growers. Grand Prize winner will be required to sign an affidavit of eligibility and release, which must be returned within 1 days of receipt of notification, or an alternative winner may be chose If requested by Kikkoman International Inc. and/or Blue Diamond Growers, the Grand Prize winner must consent to the use of his/he name and/or likeness for promotion and/or advertising purposes wi out further compensation.

7. The sweepstakes is open only to residents of the United States, 21 years of age or older. Employees of Meredith Corporation, Kikkoman International Inc., Blue Diamond Growers, almond growers and the families of each, their affiliated companies, advertising agencies or ju ing agency are not eligible to enter. Void where prohibited or restricte by law or taxed. Federal, state and local laws apply. All applicable tax are the sole responsibility of the individual prizewinners.

8. For a list of major prizewinners, send a stamped, self-addressed envelope to Kikkoman/Blue Diamond Winners' List, 111 Tenth Street Des Moines, IA 50309-4284.

HANDCRAFTED WOODEN SPICE RACK INCLUDED AT NO ADDITIONAL CHARGE!





Windmill (Holland) Taj Mahal (India) St. Basil's (Russia)

Shown much smaller than actual height of 3¾" (Windmill), 4⅛" (Taj Mahal), and 4½" (St. Basil's).

the Danbury Mint

47 Richards Avenue • Norwalk, Conn. 06857

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Spices Of The World

Bring international charm to your kitchen with this *hand-painted spice jar collection.*

Here's a beautiful new way to dress up your kitchen... a fascinating collection of spice jars inspired by some of the world's most fabled landmarks! Preserve your curry powder in India's Taj Mahal...add a dash of oregano from Italy's leaning tower of Pisa. Each spice jar is a distinctive replica of a landmark from a different corner of the globe!

Crafted of fine glazed ceramic — accented with 23kt gold.

Each spice jar is meticulously handcrafted of fine glazed ceramic and is fitted with a snug, air-tight lid to keep your seasonings fresh. Each jar is hand-painted in the authentic colors of the landmark it replicates. A hand-applied border of genuine 23kt gold adds a gleaming accent to each of these twenty-four imaginative jars.

Handsome spice rack included.

To showcase your *Spices of the World,* a handcrafted wooden spice rack is included with the collection...*at no additional charge!*

Convenient acquisition; satisfaction guaranteed.

The *Spices of the World* collection is a Danbury Mint exclusive. Each spice jar is attractively priced at just $19.95. Your first and last jars will be shipped individually. In between, two jars will be sent every other month, but you need pay for only one jar per month. Your satisfaction is completely guaranteed.

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RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

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Please return promptly.

Please accept my reservation for *Spices of the World,* a collection of twenty-four glazed ceramic spice jars, accented with 23kt gold. A wooden spice rack will be included at no extra charge. The price of each spice jar is $19.95.*

I need send no money now. My first and last jars will be shipped individually. In between, I will receive a set of two jars every other month. I need pay for only one jar per month. Any jar that I'm not satisfied with may be returned within thirty days for a replacement or refund. This subscription may be canceled by either party at any time.

*Plus any applicable sales tax and $1.95 shipping and handling.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each spice jar charged to your:
☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

_____
Credit Card Number Expiration Date

Signature _____

Please allow 4 to 8 weeks after payment for initial shipment. 525ELH1

LOVE INN

continued from page 162

FRUIT WITH GRAND MARNIER SAUCE

FASTEST RECIPE OF THE MONTH

This velvety sauce goes beautifully with most everything, from pound cake to berries. And it holds well in the fridge.

Prep time: 10 minutes plus cooling ○
Cooking time: 6 to 8 minutes

- 2 large egg yolks
- ¼ cup sugar
- 2 tablespoons Grand Marnier
- ½ cup heavy cream, whipped
- Purchased rolled or lace cookies
- Fresh raspberries, strawberries or other fruit
- Fresh mint, for garnish

Combine yolks and sugar in medium bowl. Place over small saucepan of simmering water and whisk until pale and thickened, 6 to 8 minutes. Remove from heat and stir in 1 tablespoon liqueur; cool. Gently fold in cream and remaining liqueur. *(Can be made ahead. Cover and refrigerate up to 2 days. Stir before serving.)* Serve with cookies and fruit. Makes 1½ cups.

Per serving with ½ cup raspberries		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	98 mg	300 mg or less
Sodium	10 mg	2,400 mg or less
Carbohydrates	18 g	250 g or more
Protein	2 g	55 g to 90 g

CHOCOLATE GATEAU

To update this chocolate cake, reminiscent of an ice-cream roll from childhood, Chef O'Connell makes white-chocolate ice cream, then graces it with liqueur-infused dark- and white-chocolate sauces.

Prep time: 1½ hours plus chilling and freezing ◒
Baking time: 9 to 10 minutes

Chocolate Cake
- 8 squares (8 oz.) semisweet chocolate, coarsely chopped
- 7 large eggs, separated
- ½ cup sugar

White-Chocolate Ice Cream
- 9 ounces imported white chocolate, coarsely chopped
- 2 cups half and half cream
- 3 large egg yolks
- ⅔ cup sugar
- 1 cup heavy or whipping cream
- 3 tablespoons light rum
- 1 tablespoon vanilla extract

Dark and white chocolate curls, for garnish
Whipped cream

Dark-Chocolate Sauce
- 8 ounces semisweet chocolate, coarsely chopped
- ¼ cup strong-brewed coffee
- 3 tablespoons heavy cream
- 3 tablespoons Grand Marnier

White-Chocolate Sauce
- 8 ounces imported white chocolate, coarsely chopped
- 3 tablespoons heavy cream
- 3 tablespoons Triple Sec

Chocolate Cake: Preheat oven to 350°F. Grease 15½x10½-inch jelly-roll pan. Line with parchment paper; grease and flour paper. Melt semisweet chocolate in double boiler over simmering heat. Cool to room temperature. Beat egg yolks and sugar in mixer bowl until thick and mixture forms ribbon when beaters are lifted, 10 minutes. Stir in cooled chocolate. Beat egg whites in clean mixer bowl until stiff but not dry; fold into chocolate mixture. Spread in prepared pan and bake 9 to 10 minutes, until top is firm. Cool on wire rack. Cover with plastic wrap and refrigerate in pan overnight.

White-Chocolate Ice Cream: Preheat oven to 200°F. Place white chocolate in ovenproof dish and place in oven until melted, 5 minutes. Bring half and half to boil in medium saucepan. Meanwhile, whisk egg yolks with sugar in small bowl. Gradually whisk hot half and half into yolks. Return to saucepan and cook, stirring constantly, over medium-low heat just until thickened and mixture coats back of spoon. (Do not boil.) Strain through sieve into clean bowl and whisk in melted chocolate. Refrigerate until cold. Stir in heavy cream, rum and vanilla. Freeze in ice-cream maker according to manufacturers' instructions. (Ice cream will be soft.) Meanwhile, line another 15½x10½-inch jelly-roll pan with plastic wrap. Spread ice cream in prepared pan and freeze until firm, 8 hours or overnight.

Uncover cake and invert ice cream onto cake. Starting from one long side, roll cake and ice cream up, jelly-roll fashion. Wrap and freeze overnight.

Slice diagonally into 1½-inch pieces. Serve with chocolate curls, whipped cream and sauces. Makes 10 servings.

Dark-Chocolate Sauce: Combine all ingredients in small, heavy saucepan and heat, stirring occasionally, over low heat until melted. Makes 1 cup.

White-Chocolate Sauce: Combine all ingredients in double boiler and heat, stirring occasionally, over barely simmering water until melted. Makes 1¼ cups.

Per serving with 1 T. each sauce		Daily goal
Calories	745	2,000 (F), 2,500 (M)
Total fat	46 g	60 g or less (F); 70 g or less (M)
Saturated fat	19 g	20 g or less (F); 23 g or less (M)
Cholesterol	278 mg	300 mg or less
Sodium	115 mg	2,400 mg or less
Carbohydrates	73 g	250 g or more
Protein	11 g	55 g to 90 g

Linzer Hearts

For a romantic (and easy) finale, buy heart-shaped linzer tarts or linzer cookies and sprinkle them lightly with confectioners' sugar. Serve w steaming cups of freshly brewed te

GRILLED LOBSTER WITH CITRUS BUTTER

pictured on page 157

A brilliant example of five-star fare. grapefruit adds a refreshing taste to classic butter sauce. Don't skip the gra fruit peel—the mix of flavors is surprisi

Prep time: 1 hour plus cooling
Cooking time: 20 minutes

- 2 live lobsters (1½ lb. each)
- 1 grapefruit

Citrus Butter
- ¾ cup fresh grapefruit juice
- ½ cup chicken broth
- ¼ cup heavy or whipping cream
- 3 tablespoons cold unsalted butter

Glazed Onions
- 6 pearl onions
- 1 tablespoon butter
- 1 teaspoon sugar
- Pinch *each* salt and pepper

- ½ cup orzo pasta, cooked
- Steamed spinach

Bring 4 inches water to boil in large p Add lobsters, cover and cook 12 minut Transfer lobsters to colander and c completely. Carefully remove meat fr shells. Discard all shells.

Remove grapefruit peel (yellow p only) with a vegetable peeler; julier peel. Cut away white membrane. Cut grapefruit sections; set aside.

Citrus Butter: Meanwhile, bring grapefr juice, broth and cream to boil in hea saucepan over medium heat; boil u reduced to ⅓ cup. Reduce heat to ve low. Whisk in butter 1 tablespoon at time. Makes ½ cup. Keep warm (sau will separate if overheated).

Glazed Onions: Cook onions in boili salted water to cover just until tender minutes. Rinse under cold water and pe Combine onions, butter, sugar, salt a pepper in small saucepan and cook ov medium heat, swirling occasionally, u browned, 5 to 10 minutes.

Prepare grill or preheat broiler a broiler pan. Cut lobster tails in half leng wise. Brush lobsters with 2 tablespoo Citrus Butter and grill or broil 4 inch from heat source 30 seconds per side.

To serve, spoon orzo on 2 heated d ner plates and top with lobster. Spoo more tablespoon Citrus Butter arou each lobster. Arrange Glazed Onic and steamed spinach around orzo. G nish with reserved grapefruit sections a julienned peel. Makes 2 servings.

Per serving		Daily goal
Calories	735	2,000 (F), 2,500 (M)
Total fat	37 g	60 g or less (F); 70 g or less
Saturated fat	22 g	20 g or less (F); 23 g or less
Cholesterol	211 mg	300 mg or less
Sodium	1,032 mg	2,400 mg or less
Carbohydrates	59 g	250 g or more
Protein	44 g	55 g to 90 g



Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

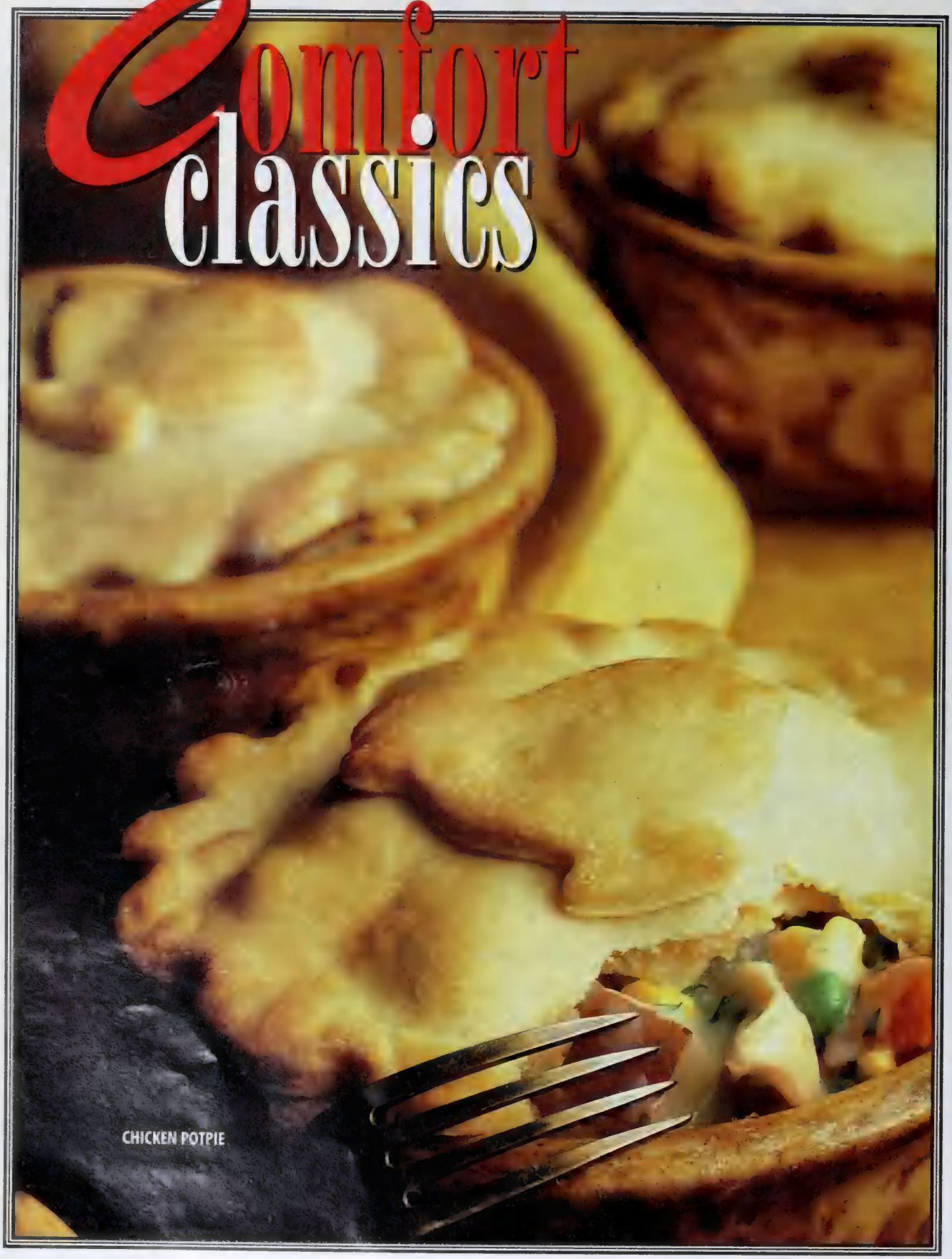
Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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REATE A STIR WITH CREAM CHEESE.

Comfort classics



CHICKEN POTPIE

This is the food that warms both body and soul, and makes you feel happy, safe and sound. It's the old-fashioned fare we all grew up with . . . meatloaf with creamy mashed potatoes, steaming chicken potpie loaded with vegetables and big chunks of chicken. But it's also the dishes we discovered later, to our delight, from the zesty flavors of the American Southwest to simple but sensational Italian pastas. Classics new and old that remind you there's no place like home.



FAJITAS WITH GUACAMOLE AND SALSA

BY JAN TURNER HAZARD, FOOD EDITOR

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

MUSHROOM RISOTTO



TEST-KITCHEN FAVORITE *This rice dish is comfort food Italian-style. For the creamiest risotto, use arborio rice—a short-grain rice imported from Italy and found in specialty stores. Our microwave version skips the constant stirring.*

Prep time: 10 minutes plus soaking ◒ Ⓜ
Cooking time: 50 minutes

1 ounce dry porcini mushrooms
½ cup hot water
4 cans (13¾ or 14½ oz. each) low-sodium chicken broth
1 tablespoon butter or margarine
1 tablespoon olive oil
¼ cup diced pancetta or ham
1 cup chopped onions
2 teaspoons minced garlic
¼ teaspoon thyme
½ pound white mushrooms, sliced
¼ pound shiitake mushrooms, sliced
2 cups arborio or long-grain rice
½ cup white wine
Salt and freshly ground pepper
¼ cup freshly grated Parmesan cheese
¼ cup chopped flat-leaf parsley

Soak porcini in hot water 30 minutes. Strain liquid through sieve lined with paper towel into bowl; set aside. Rinse porcini and chop. Bring broth and reserved liquid to simmer in large saucepan.

Melt butter with oil in heavy 8-quart saucepot. Add pancetta and cook over medium heat 5 minutes. Stir in onions; cook 5 minutes more. Stir in garlic and thyme; cook 30 seconds more. Add all the mushrooms; cook until liquid is evaporated, 10 minutes. Add rice and cook, stirring to coat. Stir in wine and cook until almost evaporated. Pour in enough simmering broth to cover rice by ½ inch. Cook, stirring over medium heat, until liquid is almost absorbed, about 2 minutes. Continue cooking, adding hot broth ½ cup at a time, stirring constantly, until broth is absorbed before adding more, and rice is creamy and just tender, 20 to 25 minutes. Stir in remaining broth, salt and pepper to taste, Parmesan and parsley. Serve with additional Parmes
Makes 6 servings.

Microwave Risotto: Omit wine. Soak p
cini as directed. Combine butter, oil a
pancetta in shallow, 3-quart microwa
proof dish. Cover and microwave on Hi
1½ minutes. Stir in onions, garlic a
thyme; microwave covered 3 minutes.
in all mushrooms; microwave covered
minutes. Stir in rice; microwave uncover
4 minutes. Stir in broth and porcini liqu
microwave uncovered 36 minutes, stirri
every 6 minutes, until rice is barely tend
Let stand 5 minutes. Stir in salt, pepp
Parmesan and parsley. Makes 6 servin

Per serving		Daily goal
Calories	380	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less
Saturated fat	8 g	20 g or less (F); 23 g or less
Cholesterol	11 mg	300 mg or less
Sodium	230 mg	2,400 mg or less
Carbohydrates	60 g	250 g or more
Protein	12 g	55 g to 90 g

TUESDAY-NIGHT MEATLOAF



STEAK & ROLL.



© 1991 Pillsbury Company

ARGAIN RECIPE OF THE ONTH *Did you grow up having the me dinner, on the same day, every eek? Our old-fashioned meatloaf is per- ct anytime—especially when served with ffy mashed potatoes.*

ep time: 20 minutes ○
ooking time: 1¼ hours

tablespoon butter or margarine
cup chopped onions
teaspoon minced garlic
teaspoon thyme
pound ground beef
pound ground pork
pound ground veal
cup fresh bread crumbs
large egg
cup plus 2 tablespoons ketchup
cup milk
cup chopped fresh parsley
teaspoons Worcestershire sauce
teaspoon salt
teaspoon freshly ground pepper
slices bacon, halved

eheat oven to 350°F. Melt butter in edium skillet over medium heat. Add ions and cook until tender, 5 minutes. dd garlic and thyme; cook 30 seconds ore. Transfer to large bowl; cool. Add eats, bread crumbs, egg, ⅓ cup ketch- , and the milk, parsley, Worcestershire, lt and pepper; mix well. Pat into 9x5- ch loaf pan. Spread top with remaining 2 tablespoons ketchup and arrange bacon on top. Bake 1¼ hours. Remove from oven and let stand 10 minutes. Drain drippings and discard. Makes 6 servings.

Per serving		Daily goal
Calories	430	2,000 (F), 2,500 (M)
Total fat	29 g	60 g or less (F); 70 g or less (M)
Saturated fat	11g	20 g or less (F); 23 g or less (M)
Cholesterol	151 mg	300 mg or less
Sodium	766 mg	2,400 mg or less
Carbohydrates	12 g	250 g or more
Protein	29 g	55 g to 90 g

M-M-M-MACARONI 'N' CHEESE



Any tube-shaped pasta, such as penne, ziti or jumbo rigatoni, can make great mac 'n' cheese, but for the ultimate nostalgia, nothing beats elbow macaroni.

Prep time: 25 minutes ○Ⓜ
Cooking time: 30 minutes

3 tablespoons butter or margarine, divided
¼ cup all-purpose flour
1 quart milk
2 teaspoons dry mustard
¾ teaspoon salt
⅛ teaspoon ground red pepper
1 cup shredded sharp Cheddar cheese
1 cup shredded fontina or mozzarella cheese
¼ cup freshly grated Parmesan cheese
1½ cups elbow macaroni, uncooked
1 cup fresh bread crumbs
1 tablespoon chopped fresh parsley

Preheat oven to 375°F. Melt 2 tablespoons butter in large saucepan over medium heat. Whisk in flour and cook, stirring, 1 minute. Gradually whisk in milk, mustard, salt and red pepper. Bring to boil, whisking. Boil 1 minute. Remove from heat and whisk in cheeses until melted.

Cook macaroni according to package directions until just tender, 8 minutes. Drain. Stir into cheese sauce. Pour into shallow 2-quart baking dish. In medium microwave-proof bowl, melt remaining 1 tablespoon butter on High 30 seconds. Stir in bread crumbs and parsley. Sprinkle over macaroni. Bake 30 minutes. Let stand 10 minutes before serving. Makes 8 servings.

Per serving		Daily goal
Calories	345	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	12g	20 g or less (F); 23 g or less (M)
Cholesterol	63 mg	300 mg or less
Sodium	597 mg	2,400 mg or less
Carbohydrates	27 g	250 g or more
Protein	16 g	55 g to 90 g

(continued)

STEAK, RATTLE & ROLL!



Add more sizzle to your steaks with plump, juicy Green Giant® mushrooms. The Giant's fancy mushrooms easily make steaks, pizza and salads a lot more special. Nothing gets dinner rocking like Green Giant® whole or sliced mushrooms.



THERE REALLY IS A GIANT DIFFERENCE.

COMFORT CLASSICS
continued

HONEST-TO-GOODNESS CRAB CAKES



As any Marylander will tell you, crab cakes that are worth their salt are heavy on the crabmeat and light on the binder.

Prep time: 15 minutes plus chilling ○
Cooking time: 6 minutes

- 1 large egg
- 3 tablespoons mayonnaise
- 2 tablespoons chopped fresh parsley
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- 1 pound lump crabmeat, flaked and picked over
- ½ cup fresh bread crumbs
- ⅓ cup plain dry bread crumbs
- 2 tablespoons butter or margarine

Tartar Sauce
- ¼ cup sour cream
- 3 tablespoons mayonnaise
- 2 tablespoons peeled, chopped lemon
- 1 tablespoon chopped fresh parsley
- 1 tablespoon minced green onion
- 1 teaspoon fresh lemon juice
- 1 teaspoon chopped capers
- ¼ teaspoon red pepper sauce

Whisk first 7 ingredients in large bowl. Add crabmeat and fresh bread crumbs; mix well. Line cookie sheet with wax paper. Using ⅓ cup measure, shape crab mixture into eight 1-inch-thick patties. Coat lightly with dry bread crumbs. Refrigerate 1 hour or up to 8 hours.

Melt butter in 1 large or 2 medium nonstick skillets over medium-high heat. Add crab cakes and cook until golden, 3 minutes per side. Serve with tartar sauce. Makes 4 servings.

Tartar Sauce: Combine all ingredients in small bowl. Makes 1⅓ cups.

Per serving with 1 T. tartar sauce		Daily goal
Calories	350	2,000 (F), 2,500 (M)
Total fat	22 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	194 mg	300 mg or less
Sodium	885 mg	2,400 mg or less
Carbohydrates	11 g	250 g or more
Protein	26 g	55 g to 90 g

FETTUCCINE WITH SPICY TOMATO-CREAM SAUCE



If Mom's spaghetti was your childho favorite, this pasta with creamy tom sauce will suit your grown-up tastes.

Prep time: 10 minutes
Cooking time: 15 minutes

- 1 tablespoon butter or margarine
- ¼ cup minced onion
- ⅛ teaspoon red pepper flakes
- 1 can (14 oz.) whole tomatoes, undrained
- ¼ teaspoon salt
- ⅓ cup heavy or whipping cream
- 1 package (9 oz.) fresh fettuccine nooc
- ¼ cup julienned basil leaves
- Freshly grated Parmesan cheese

Melt butter in large skillet. Add onion a red pepper flakes; cook over medium-lo heat until tender, 5 minutes. Add tomato and salt; cook over high heat, crushi tomatoes with spoon, until almost dry, 8 10 minutes. Stir in cream and bring to bo boil 1 minute. Meanwhile, cook fettucci according to package directions; dra Toss with sauce and basil. Serve with Pa mesan. Makes 2 servings.

Per serving		Daily goal
Calories	610	2,000 (F), 2,500 (M)
Total fat	24 g	60 g or less (F); 70 g or less (
Saturated fat	13g	20 g or less (F); 23 g or less (
Cholesterol	219mg	300 mg or less
Sodium	703 mg	2,400 mg or less
Carbohydrates	82 g	250 g or more
Protein	19 g	55 g to 90 g

STEAK AND FRENCH-FRIED ONION RINGS



Some markets don't carry this bone-in c so ask your butcher to order it. Self-risin flour makes the onion rings really crisp

Prep time: 10 minutes
Cooking time: 35 minutes

- Vegetable oil
- 2 large sweet onions (1½ lb.)
- 1¼ cups self-rising flour
- ⅔ cup milk



OUR HIGH-PERFORMANCE COMPACT.

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KitchenAid® FOR THE WAY IT'S MADE.™

Salt and freshly ground pepper
1 T-bone steak (1½ lb.), 1 inch thick

epare grill or preheat broiler and broil-
pan. Heat 2 inches oil in large Dutch
en over high heat to 375°F. Mean-
ile, slice onions ½ inch thick; separate
o rings. Toss onions with flour in large
wl, transfer to colander and shake ex-
ss flour back into bowl. In another
ge bowl, toss onions with milk. Drain
ions and toss again in the flour. Cook
4 batches until golden, about 3 minutes
r batch. Drain on paper towels and
ep warm in oven. Sprinkle with salt.
Meanwhile, season steak with salt and
pper. Grill 6 minutes per side for rare.
rve with onions. Makes 4 servings.

serving		Daily goal
ories	685	2,000 (F), 2,500 (M)
l fat	48 g	60 g or less (F); 70 g or less (M)
urated fat	12 g	20 g or less (F); 23 g or less (M)
lesterol	81 mg	300 mg or less
ium	381 mg	2,400 mg or less
bohydrates	34 g	250 g or more
ein	29 g	55 g to 90 g

HICKEN POTPIE

ctured on page 170

is potpie takes some time to prepare, t the homey comfort is ample reward.

ep time: 45 minutes plus cooling ◒Ⓜ
ooking time: 1 hour 20 minutes

whole chicken (3 lb.)
onion, diced
carrot, diced
rib celery, diced
teaspoon thyme
Pastry for double-crust pie
pint pearl onions
cups diced new potatoes
cup carrot chunks (½-inch)
tablespoons butter or margarine
cup all-purpose flour
cup plus 1 tablespoon heavy cream
teaspoon salt
teaspoon freshly ground pepper
cup frozen peas
cup frozen whole-kernel corn
cup chopped fresh parsley
tablespoon fresh lemon juice

ombine chicken with 8 cups water, iced onion, carrot and celery, and yme in large saucepot. Bring just to boil, educe heat and simmer gently 1 hour. rain, reserving broth and chicken sepa-ately. Cool. Remove chicken from bones. kim fat from broth and reserve 3 cups. Divide pastry into 6 pieces. Roll each iece between 2 sheets of wax paper to -inch circle. Trim each pastry circle to fit op of 1½-cup ovenproof bowl; cut vents. or decorative design, reroll scraps and ut out. Refrigerate until ready to use.

Combine pearl onions with water to over in saucepan. Bring to boil; boil 5 inutes. Drain. When cool enough to andle, peel onions. Combine potatoes vith 1 tablespoon water in 1-q· art nicrowaveproof dish with lid; cover and nicrowave on High 5 minutes. Remove with slotted spoon. Add carrots to dish and microwave on High 2 minutes.

Preheat oven to 425°F. Melt butter in large saucepan over medium heat. Whisk in flour. Gradually whisk in reserved 3 cups broth, ½ cup cream, salt and pepper. Bring to boil, whisking occasionally. Stir in chicken, pearl onions, potatoes, carrots, peas and corn and return to boil. Stir in parsley and lemon juice and ladle into six ovenproof bowls. Top with pastry. Brush tops with remaining 1 tablespoon cream. Place on cookie sheets and bake 20 minutes. Makes 6 servings.

Per serving		Daily goal
Calories	700	2,000 (F), 2,500 (M)
Total fat	37 g	60 g or less (F); 70 g or less (M)
Saturated fat	14 g	20 g or less (F); 23 g or less (M)
Cholesterol	117 mg	300 mg or less
Sodium	943 mg	2,400 mg or less
Carbohydrates	60 g	250 g or more
Protein	33 g	55 g to 90 g

FAJITAS

pictured on page 171

In this zesty Southwestern combo, the chicken can be marinated in an hour, but the steak needs time—overnight is best.

Prep time: 30 minutes plus marinating ◯
Cooking time: 8 to 10 minutes

½ cup fresh lime juice
2 teaspoons minced garlic
1 teaspoon red pepper flakes
2 pounds boneless, skinless chicken breasts or skirt or flank steak
Salt
12 flour tortillas

Salsa
6 fresh plum tomatoes, diced
½ cup minced red onion
¼ cup chopped fresh cilantro
2 jalapeño chilies, minced
1 teaspoon salt

Guacamole
2 ripe avocados, peeled and pitted
¼ cup minced red onion
2 tablespoons fresh lime juice
½ teaspoon salt
¼ teaspoon red pepper sauce

Combine first 3 ingredients in glass bowl. Add meat; cover and refrigerate, turning occasionally, 1 hour or up to 24 hours.

Prepare grill. Remove meat from marinade. Sprinkle with salt. Grill 3 inches from heat source 4 to 5 minutes per side for chicken, 3 to 4 minutes per side for steak. Slice and serve with warm tortillas, salsa and guacamole. Makes 6 servings.

Salsa: Mix all ingredients. Makes 3 cups.

Guacamole: Mash all ingredients in bowl with potato masher. Makes 2 cups.

Per serving		Daily goal
Calories	530	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	88 mg	300 mg or less
Sodium	1,082 mg	2,400 mg or less
Carbohydrates	59 g	250 g or more
Protein	44 g	55 g to 90 g

Recipes developed by Lisa Brainerd.



FRESH GREENS.

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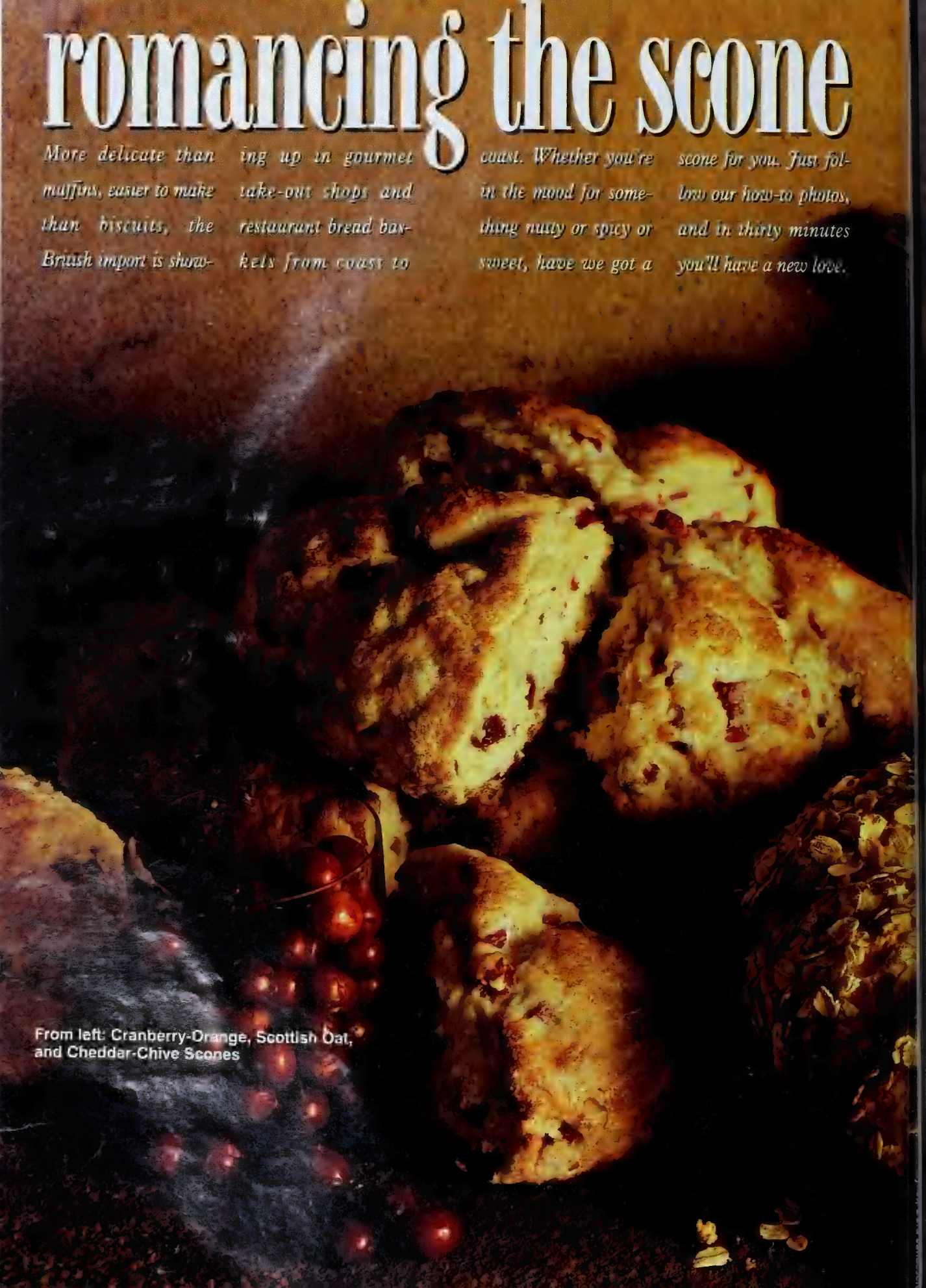
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romancing the scone

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From left: Cranberry-Orange, Scottish Oat, and Cheddar-Chive Scones

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"Oh, you shouldn't have..."





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Dear LHJ:
I have been trying to find the recipe for a sour-cream pie that I've eaten at Frontier Pies, a pie shop and restaurant in our city. Can you help?
Verda Siebenthaler
Coeur d'Alene, ID

AMERICAN PIE

Life is sweet—and this cool and creamy no-bake pie, flavored with a hint of lemon, is about as satisfying as you could want a dessert to be.

Combine 1 cup sugar, ⅓ cup cornstarch and ¼ teaspoon salt in large saucepan. Gradually whisk in 2¾ cups milk until smooth. Bring to boil, stirring gently, over medium-high heat; boil 1 minute. Remove from heat. Beat 4 large egg yolks lightly in small bowl. Gradually whisk in 1 cup hot mixture; return to saucepan, whisking constantly. Return to boil and boil 1 minute more. Remove from heat and whisk in ¼ cup fresh lemon juice, 1 tablespoon butter or margarine, 1 teaspoon vanilla extract, ½ teaspoon grated lemon peel and a pinch nutmeg until completely smooth. Cover surface and cool 15 minutes on wire rack.

Whisk in ½ cup sour cream and pour into baked 9-inch pastry crust. Cover filling and refrigerate at least 3 hours. Just before serving, spread top with whipped cream. Makes 8 servings.

recipe index

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STREISAND

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ıe always *think* she'd be a star? "All ght, I wanted to be a star when I was a ıild. I'm ambitious, but I was never ıthlessly ambitious." she insists. "I al-ays had too much pride to knock on eople's doors and say, 'Give me a job.' I ould have given up the career if I had ot gotten the job in [her first Broadway ıow] *I Can Get It For You Wholesale.*

"I would have become a hat designer. Vhat I don't like is the stereotype of the ewish aggressive woman. That's not who was, or who I am."

She pauses but doesn't let go. "It's like hen they use the word *chutzpah* about ıe in reviews. Even that, I think, is based lot on Fanny Brice [the legendary rooklyn-born singer, comedian and iegfeld Follies star who inspired *Funny irl*]. And I'm *not* Fanny Brice."

Then Barbra Streisand, the queen of ontradictions, does exactly what you ex-ect her to do—she reconsiders what she ıst said.

"On the other hand, maybe I do have *hutzpah*," she says quietly. "Maybe I on't know myself at all." ■

Paul Rosenfield's book about power in Hollywood, "The Club Rules" (Warner Books), is due out in April.

Journal Shopping Center

NEW AMERICAN HOME

Pages 144-149 Unless otherwise indicated, all items are available from most JCPenney stores or Spring/Summer '92 catalog, 800-222-6161. All paint by Sherwin-Williams, SuperPaint in semi-gloss or flat latex. Flowers by Calyx & Corolla, 800-800-7788. Fabrics treated with 3M Scotchgard Fabric Protector, 612-733-1110. DINING ROOM: Giacometti-inspired lantern, The Phillips Collection, 718-482-7676; floor-to-ceiling windows, Marvin Windows and Doors, 800-346-5128; Honeycomb shades, Hunter Douglas, ¾" pleat in dusk, free brochure, 800-32-STYLE. JCPenney items: Oneida #1620 flatware; "Acadia" dinnerware; Designline "Joan" armless chair, Designer Collection fabric, solid taupe #21008, solid blue #21010; silverplate candle holders, baskets, napkin rings, charger plates and two-piece mayo set; Designline upholstered three-panel screen in taupe/ivory awning stripe, Imperial Collection fabric #21012. ENTRY WAY: JCPenney hardwood garden furniture—4 ft. settee, armchair, coffee table. LIVING ROOM: Painting-dyptych by Conrad Marca-Relli, blueprint #2 L-L-2-84, 1984, oil on canvas collage, MARISA DEL RE GALLERY, NYC, 212-688-1843; King palm and Areca palm, Plantworks, Las Vegas, 702-795-3600; bronze Laos table drum, 19"H and 24"H rain-drum stools and bronze Indonesian rain drums, green patina, The Phillips Collection; pressed brass box, Vignettes, Las Vegas, 800-228-7707; brass leaf dishes, Virginia Metal Crafters, 703-949-9400, provided through Copper Metal Association, 800-232-3282; Silhouette shades, Hunter Douglas, #A1-119 in blushing peach, sample and free brochure, 800-22-STYLE; Marvin Windows and Doors; one-of-a-kind African fabric pillows, Foster & Riley, NYC, 212-874-0066. JCPenney items: sandstone decorative pillows; Designline "Cybil" chairs, Designer Collection taupe fabric #21008; Schnadig "Nantucket" sofa & loveseat in turquoise, Nantucket Collection fabric #066560; Capel "Woolmate" Berber area rug, #110 yellow; The Lane Co. "Maison Fermé" cocktail table; "Moon" collection four-handled vase & hexagon plate; Twist ceramic floorlamp. KITCHEN: refrigerator/freezer, Sub-Zero #590, 800-222-7820; dishwashers, Kitchen Aid, 800-422-1230; "Epicure" faucet and "Madrigal" sink, Kohler Co., 414-457-4441; black granite counter tops, MGT, 702-795-0004; cabinets, Fieldstone Cabinetry, Prairie Hill, cherry wood in "Oregano"; stone floor, Adoquin-Cafe 1, Materials Marketing Corp., 512-524-3800; Chiaro Glass Series through Ann Sacks Tile, 800-499-TILE; hanging light, Star Pendant, Leucos U.S.A. Inc., 800-832-3360; wire baskets, FrenchWyres, 214-597-8322; microwave and convection oven, #W276B, 30" convertible gas cooktop with grill accessory, #CG206B, and two single down-draft convertible grills, #CG106B, Jenn-Air Co., 800-536-2471. Pantry and refrigerator stocked by: Best Foods, Tabasco, Freida's, Seagram's, Pillsbury, General Mills, Sara Lee, Del Monte. Car provided by Volvo of America. JCPenney items: marble pastry board; Crisa Mexican stemware, pitcher and bowl; Le Creuset cookware set; Kobe stainless stovetop griddle; twig basket; Kamenstein "Kettle O' Fish" teapot; tomato & lemon timers; acrylic salt grinder; Fiesta dinnerware in white, black, teal and wedgewood blue; Salton espresso/coffee maker; Toastmaster pastry toaster; "Scandia" jumbo cup sets; Signature "Cafe Strada" espresso and cappuccino cups; Haeger ceramics urn and charger plate; metal/wood decorative fish; Certified International fish cookie jar; New Basics Cookbook; wire basket; AT&T cordless phone with answering machine; Nichols & Stone shaker side chairs and barstools, #070 dark cherry with blue & black webbing; Capezio "Canatadora" satchel; T-Fal juicer; Pasta Express pasta & dough machine; Kitchen-Aid 5-speed mixer; Welbilt bread machine; Regal food processor; Bassett "Savannah" dining table in cherry/black; Spectrum placemats & napkins; "Pearls" flatware.

QUICK SERVES

PAGE 186 Dinnerplate, "New Leaf" pattern, Cyclamen Studio, 1825 Eastshore Highway, Berkeley, CA 94710.





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...OMEN'S HEALTH

...ntinued from page 79

...ne-Lotrimin and Monistat 7, are now ...ailable without a prescription. But ...e first time you suspect a yeast infec...n, it's best to see your doctor to con...m the diagnosis. Recurring infections ...y be eliminated by eating a cup of ...gurt daily. Not just any yogurt will ..., however; it must contain active ...*ctobacillus acidophilus* cultures.

...CTERIAL VAGINOSIS: Not as easily di...nosed as yeast infections, its predomi...nt symptom is a gray discharge.

...use: Unknown.

...eatment: Antibiotics are generally pre...ibed; both partners should be treated.

...ICHOMONIASIS: It affects the vagina ...d urinary tract. The discharge is frothy, ...n and yellowish-green.

...use: A single-celled parasite, which ...es in the vagina and the urethra of both ...n and women, is usually transmitted ...ring intercourse.

...eatment: Same as for bacterial vaginosis.

Preventive measures for all types of ...ginitis include good personal hygiene ...en using the toilet; avoiding deodorant ...rays, perfumed tampons or toilet paper; ...shing diaphragms and spermicide ap...cators thoroughly; bypassing tight jeans, ...hts and panties; and wearing panties ...d pantyhose with a cotton crotch.

AIDS AND WOMEN: A GROWING THREAT

About twenty thousand American women have been diagnosed with AIDS to date. AIDS is caused by the human immunodeficiency virus (HIV), which attacks and destroys the body's infection-fighting white blood cells. It is spread primarily via blood or semen, through sexual intercourse or sharing intravenous drug paraphernalia. Once the white blood cells are destroyed, the body is left open to any number of illnesses, including pneumonia, cancer, thrush and meningitis.

In women with AIDS, gynecological infections are also quite common. In fact, recurrent incidences of vaginitis, genital warts and pelvic inflammatory disease that are resistant to treatment may be the first indication that a woman has the disease. An abnormal Pap smear can be another sign.

A blood test will determine if HIV is present, but it does not show up immediately after infection. There is no cure, but certain drugs can fight it for a while. AZT (azidothymidine) slows the spread of the virus, but it also causes a number of side effects, including nausea and severe anemia, that may make it intolerable to some. The FDA recently approved another medication, DDI (didanosine). Like AZT, DDI slows the spread of the virus while at the same time increasing the levels of disease-fighting T cells in the immune system. More research is needed to determine whether DDI can actually extend the lives of AIDS patients.

A promising vaccine was recently developed, but it is still in the experimental stage. To reduce the risk of AIDS, use latex condoms and refrain from sexual practices that may lead to tearing of the skin, such as anal intercourse. ■

Nancy Gagliardi is a health writer based in New York City. Information for this article was compiled from the following physicians: Raquel Arias, M.D., assistant professor of clinical obstetrics and gynecology at the University of Southern California; Thomas A. Caputo, M.D., director of gynecological oncology at the New York Hospital–Cornell Medical Center; Isaac Schiff, M.D., chief of gynecology at Massachusetts General Hospital, in Boston; Rebecca Shaw, M.D., of the executive board of the American College of Obstetricians and Gynecologists; Morton A. Stenchever, M.D., professor and chairman of the department of obstetrics and gynecology at the University of Washington, in Seattle; Katherine M. Stone, M.D., medical epidemiologist at the Centers for Disease Control, in Atlanta; Dale K. Weldon, M.D., a gynecologist at Brigham and Women's Hospital, in Boston; and Bruce K. Young, M.D., director of maternal and fetal medicine at New York University Medical Center.

quick serves

A hearty Alpine menu that's perfect for a cozy winter evening —and on the table in minutes, thanks to the microwave



Menu for four

CHOUCROUTE GARNI

***SPINACH, APPLE AND CELERY SALAD**

RAISIN BREAD PUDDING

*Recipe not given

MENU BY KAREN J.M. TACK

CHOUCROUTE GARNI

Choucroute is the French word for sauerkraut, and the garnish is smoked meat, such as ham or bacon. Traditionally, this dish simmers for hours; the microwave serves it up in minutes.

Rinse and drain 2 pounds sauerkraut. Cut 2 strips bacon into small pieces and place in shallow 2-quart microwaveproof dish. Microwave on High 3 minutes. Transfer bacon to small plate; set aside. Add 1 cup chopped onions and 1/2 teaspoon minced garlic to bacon drippings; toss to coat. Microwave covered 2 minutes. Stir in sauerkraut, 1/2 cup chicken broth, 1/4 teaspoon *each* thyme and freshly ground pepper, and 1 bay leaf. Microwave covered 4 minutes. Add 3/4 pound ham steak and 1/2 pound light kielbasa, cut into 4 pieces each. Microwave covered 7 minutes, stirring once. Stir in reserved bacon and 1 pear, sliced thin. Microwave covered 2 minutes more. Sprinkle with 1 tablespoon chopped fresh parsley. Serve with rye bread.

Per serving		Daily goal
Calories	445	2,000 (F), 2,500 (M)
Total fat	30 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	94 mg	300 mg or less
Sodium	2,173 mg	2,400 mg or less
Carbohydrates	17 mg	250 g or more
Protein	26 g	55 g to 90 g

RAISIN BREAD PUDDING

What a treat! An old-fashioned bread pudding that is truly satisfying—and cooked in the microwave, it's ready in less than ten minutes.

Cut 8 slices raisin bread into 1-inch pieces. Combine 1 cup half and half cream, 1 large egg, 2 tablespoons sugar, 2 tablespoons dark raisins and 1 teaspoon vanilla extract in large bowl. Add bread and toss to coat.

Spread mixture in shallow 1-quart microwaveproof casserole. In microwaveproof glass measure, microwave 2 tablespoons butter or margarine on High 30 seconds or until melted. Drizzle butter over bread and microwave on High 2 minutes; stir. Microwave on Medium (50% power) 5 minutes more or until custard is set.

Meanwhile; preheat broiler. Sprinkle top of pudding with 1 tablespoon sugar and broil 4 inches from heat source 1 to 2 minutes, until crisp and golden brown.

Per serving		Daily goal
Calories	330	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (M)
Saturated fat	8.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	92 mg	300 mg or less
Sodium	282 mg	2,400 mg or less
Carbohydrates	43 mg	250 g or more
Protein	7 g	55 g to 90 g



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Baker's® Chocolate ONE BOWL™ Brownie Recipe

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup chopped nuts (optional)

1. **HEAT** oven to 350°F.
2. **MICROWAVE** chocolate and margarine in large microwavable bowl at HIGH 2 minutes or until margarine is melted. **Stir until chocolate is completely melted.**
3. **STIR** sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and nuts. Spread in greased 13x9-inch pan.
4. **BAKE** 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies.

Note: When using glass baking dish, bake at 325°F. For cakelike brownies, stir in 1/2 cup milk with eggs; use 1 1/2 cups flour.



GRANDCHILDREN

continued from page 127

have to say another word. It was as if a light had gone on. Now it all seems so simple. Why couldn't I carry a baby for Christa? Danny, Christa and I became so excited, we all started talking at once. We just about danced out of the examining room. On the way home, Danny and I realized that this was our twentieth anniversary. We looked at each other, and Danny said he couldn't imagine a more wonderful gift than the one we had just been given—the possibility of fulfilling Christa's dreams. There isn't a question in my mind: Carrying Christa's child is the right thing for me to do, and when the time comes, I'll be happy to do it.

October 1988

After Christa graduated from high school last year, she began studying at a local college and working for Danny, who is a salesman for Keebler cookies. Last April, she met Kevin Uchytil, an assistant manager at one of the stores in Danny's territory. She seemed serious about their relationship early on. Maybe because she needed to know how Kevin would react, she told him about her condition and our plans just a month after they met. Christa says Kevin is very accepting. Now they're engaged and making plans to be married next year. Although Kevin has a son from a previous marriage, both he and Christa want to have children of their own. Christa is so happy!

August 19, 1989

Christa and Kevin were married today. It was a beautiful ceremony at Sacred Heart Church, our family parish. We had two hundred fifty guests, and Christa looked like a princess in a white satin gown with an eight-foot train. She said Kevin asked more questions about in vitro fertilization before the wedding. I told her, "Whenever you're ready, I'm ready."

May 1990

Danny and I made an appointment to go to the Mayo Clinic. The doctors in Aberdeen say he has ulcerative colitis, but we just want to make sure it isn't something more serious, like cancer. Christa decided to come along to see Dr. Ory about putting our plan into action. Christa and Kevin have decided that they'd enjoy having their children while they're still young. I felt relieved when I heard that; I'm concerned that at forty-two I may be getting beyond the point where I'll be able to help Christa. My periods have been sporadic lately, and I'm afraid I'm in the early stages of menopause. I just pray that when I tell Dr. Ory, he doesn't call everything off.

June 1990

Danny received good news at the clin today; no sign of cancer. Our consultatic with Dr. Ory also went well. When I to him I might be premenopausal, he sa not to worry. It seems that the hormon I'd be taking would still make it possib for me to carry a baby. And since the eg will come from Christa and the sper from Kevin, there are none of the fears birth defects that are often associated wi a woman my age having a baby. I real feel we're on our way.

July 1990

Christa called a few days ago, and I kne immediately that she was upset. It seer that the Mayo Clinic's institutional r view board has decided against allowir Dr. Ory to help us. Since a surrogacy this type hasn't been done before, the are no laws governing it, and the boa didn't feel that all the social, ethical ar legal issues surrounding custody could resolved in the time we had. Christa crestfallen, but she hasn't given up hop Dr. Ory promised he would help us fir another doctor. Still, I feel like we' been cut adrift.

August 1990

Good news! Dr. Ory called with the nan

OU A GORGEOUS HUNK.

SOUPED UP POT ROAST
3-3½ lb. pot roast (rump, chuck or round), 1 envelope Lipton® Onion, Beefy Onion, Beefy Mushroom, or Onion-Mushroom Soup Mix, 2¼ c. water

In Dutch oven, brown roast over medium heat. Add soup mix blended with water. Simmer covered, turning occasionally, 2½ hrs. or until tender. Thicken gravy. Serves 6. MICROWAVE: In 3-qt. casserole, blend soup mix with 1¼ c. water. Microwave at HIGH 5 min. Add roast; microwave uncovered 10 min., turning once. Microwave covered at DEFROST, turning occasionally, 50 min. or until tender. Let stand 10 min.



of our new doctor—William Phipps, a reproductive endocrinologist at the University of Minnesota. Christa and Kevin are now living in Sioux City, Iowa, so we'll be meeting in Minneapolis. We are so excited that once again we're on our way.

November 1, 1990

Today was our first appointment with Dr. Phipps. Everything was checking out beautifully when Dr. Phipps discovered cysts on my left ovary and Fallopian tube. He seems sure there's nothing seriously wrong and that at the most this will postpone things, but I'm really disappointed. I'm supposed to go home now and make an appointment with my gynecologist to get the cysts taken care of. During the conference, Dr. Phipps raised the issue of what others might think, and he speculated that some people will assume that since I'm carrying the child I might not want to give it up. I assured Dr. Phipps that Danny and I are happy being *grandparents* (Curtis has three wonderful sons) and that we have no desire to start over with another family!

January 1991

For the past two months, my gynecologist has been treating my cysts. At first he put me on birth control pills, hoping they would shrink. Finally, he performed minor surgery and drained them. We're ready to go back to Dr. Phipps. The only thing that does trouble me is that I am a devout Catholic, and I know that my church is against surrogacy and in vitro fertilization. Though I didn't think about it at first, I now feel quite resolved. I must follow my conscience and do what I can for Christa. It's in God's hands.

January 29, 1991

Today is the day everything is finally in motion. Dr. Phipps showed me how to get my system ready for the eggs to be implanted: I'll be giving myself a daily shot of Lupron, a drug that shuts down my ovaries. Later, I'll take a hormone to prepare my uterus. In the meantime, Christa is taking hormones to stimulate her ovaries to produce eggs. According to Dr. Phipps, an in vitro fertilization normally has a 20 percent chance of success. But since Christa is so young and we're splitting the work, our chances are doubled. Every time we appear to get too excited, Dr. Phipps reminds us that there's still a 60 percent chance we'll fail.

February 17, 1991

Christa and Kevin went to Minneapolis yesterday to get ready for retrieval of Christa's eggs, and Dr. Phipps called me this afternoon to say that they were maturing faster than anticipated. "You need to get down here tonight," he said. As soon as I finished work, I rushed to pack and caught a flight. Danny is on the road, so he'll meet me there. I hate to fly, and I kept thinking, Christa, this is probably the greatest sacrifice of all.

February 21, 1991

This was a big day, the day of the actual retrieval. I don't think any of us anticipated that it would be as agonizing as it was for Christa. They gave her morphine to dull the pain, but it couldn't blot out everything. Dr. Phipps had to puncture Christa's vagina and ovaries with a long needle while watching an ultrasound scan, then the needle sucked the eggs from their follicles. The doctor harvested eleven mature eggs, which were then placed in petri dishes with Kevin's sperm. Now we'll have to wait forty-eight hours to see how many of the eggs will be fertilized and become viable embryos. When it was all over, Christa was not only sore but sick. I told her to remember this day, in case anyone ever tells her that she didn't endure the pain of childbirth. I really feel this was Christa's labor.

February 23, 1991

Big day number two: the transfer. On our way into the operating room, we stopped to see the embryos on a videotape. You could actually see the cells *(continued)*

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GRANDCHILDREN

ontinued

ultiplying and dividing. "Do you realize e're looking at our potential grandchil- ren?" I asked Danny. He slipped his arm round me and gave me a squeeze. Then hrista and I went into a room for the ansfer: As my daughter held my hand, ur embryos were transferred into my terus, in hopes that one or two will take old. Afterward, I had to lie still with my ips elevated for four hours. I listened to nne Murray tapes and prayed. I know hrista's and Kevin's hopes are high, and hope I won't let them down.

March 5, 1991

oon—I went in for a pregnancy test is morning at nine, and the nurse told e she'd call as soon as she had the re- ults. The waiting is awful; I've had a mi- raine headache for two days, and I can nly imagine what Christa and Kevin are oing through. The expense of all this is so a concern. Christa and Kevin aren't ch, and this is costing $7,000. Luckily, if ings work out, my health insurance will over the pregnancy and delivery.

vening—The phone was ringing hen I walked in the door after work. It as Christa. When I told her I hadn't eard any word yet, she sounded upset. I ied to reassure her, but I also tried to be alistic: The odds are that today's news on't be good. After Christa called twice ore, I decided to contact the doctor's of- ce, and I got a nurse who said she'd call e right back. A few minutes later the hone rang, and the nurse said, "Mrs. chweitzer, I don't know what you're oking for, but I don't think I have good ews for you." My heart sank, but I asked, What are the results?" I could hardly be- eve it when she said, "They're positive." 'm sure that nurse thought she was elling a forty-two-year-old woman with rown kids that she was having an un- anted pregnancy!

I dropped to my knees and began cry- g. Then I called Christa, and when she nswered, I shouted, "You're pregnant!" hrista gasped. "I can't believe this," she aid. "Are you sure?" I reassured her, and e started to cry, too. Later on, we told ur husbands the best possible news.

March 28, 1991

couple of days ago, I began losing lood, and even tissue. I was terrified that had miscarried, so I called Dr. Phipps. Ie seemed certain that I hadn't, but he uggested I come in for an ultrasound nyway. We drove to Minneapolis with hrista, and all the way I had a sense of oreboding. As soon as we reached the ospital, Dr. Phipps hooked up the ultra- ound. That machine gave us some won- erful news. On the screen, we could see ot one but *two* tiny fetuses, each no big- ger than a grain of rice. Christa under- stood immediately and screamed, "Is that them?" I looked at Christa, and my eyes filled with tears. We found out not only that all is well but that Christa and Kevin have been doubly blessed.

May 1, 1991

I had my first meeting today with Dr. Gregg Carlson, the Aberdeen obstetrician who will deliver the babies. While every- thing is fine, he cautioned that a woman my age is at increased risk for complica- tions like high blood pressure and dia- betes. The big worry, though, is that with twins, there's a real chance of premature labor. It seems that I have two "due dates": The twins will reach full term on November 15, but the most important date is October 4, the day they will turn thirty-four weeks old and their lungs and internal organs will be sufficiently devel- oped for them to live outside the womb. Both Christa and I have circled October 4, a Friday, on our calendars, and I know that each Friday we will sigh with relief as we mark off another week closer to the time when the twins can be safely born.

June 26, 1991

Today was our first big ultrasound. Danny, Christa, Kevin and I all oohed and aahed as we watched these two beau- tiful babies on the screen. They're now twenty weeks, and we could see their hearts and their brains; we could even count their fingers and toes. We can't tell their sex yet, but Danny says he's sure one is a girl and the other is a boy.

August 6, 1991

We just got home from a family vacation in the Black Hills, and we walked into a storm. A reporter from *The New York Times*, who must have heard about us from a local TV interview we did, wrote a story about us. Yesterday, a picture of me with my swollen belly was on the front page, and the phone has not stopped ring- ing. A family matter has turned into something the world is interested in. There were so many photographers in our front yard today that I had to crawl across the living-room floor so they wouldn't snap pictures through the window. But what bothered me most were the quotes from an ethicist who said that the preg- nancy was a bad idea because Christa's children could be confused about who their mother really is. Another expert said that my pregnancy might create tensions in the family. I told the reporter that our case goes beyond ethical questions. I am simply a mother who is trying to help her daughter fulfill her dreams. What mother could do less?

September 14, 1991

Yesterday, Christa and Kevin drove in for an ultrasound and a friend's wedding. The babies are putting on weight, and Dr. Carlson says everything looks normal. Christa and I went through my keepsake chest and picked through the things I had saved from when she was a baby. Christa chose some of her sleepers, and she took a yellow blanket that had belonged to Chad, who died twenty years ago.

September 16, 1991

I went in for a regular appointment this afternoon, and Dr. Carlson put me on complete bed rest. He says that now we're buying days for the twins to stay safely in the womb. Danny is so wonderful. He's taken over the housework and cooking. I've been spending much of my time an- swering the hundreds of letters that have arrived. While our case may trouble some ethicists, people have been supportive. But our main concern right now is mak- ing plans to get the parents here on short notice for the births. Christa and Kevin moved to Rapid City earlier this month, and it's a six-hour drive. Christa has lined up four possibilities for chartered planes and has the numbers posted next to her phone. Still, I can't help wishing they lived closer.

October 4, 1991

This morning I got up, looked at the date and said a prayer of thanks. From now on, if the twins come early, Dr. Carlson says their tiny bodies should be sufficiently equipped to face the world.

October 10, 1991

Christa drove here for an ultrasound to- morrow morning, and she'll be staying until Sunday. Kevin so wanted to come, but he's tied up at work. This evening, Danny, Christa and I passed the time looking through books Danny and I used more than twenty years ago to name our own children. At one point, Christa mentioned that she and Kevin loved the name Chad, but they worried that it would be upset- ting for us to be constantly reminded of our own Chad. I gave Christa a hug and said that it wouldn't bother us at all, and Danny said we would consider it an honor.

October 11, 1991

Early afternoon—I've had a premo- nition all week that the births would be this weekend, and I've been trying to shake it off. But when Christa and I went to our ultrasound appointment this morning, Dr. Carlson said that I was one centimeter dilated. While I took that to mean that the births were imminent, the doctor assured us the wait could be as long as a week. There was other encour- aging news. Both the babies have put on quite a bit of weight. The little boy—we know one is a boy, and Dr. Carlson sus- pects the other is a girl—has moved into the birth canal. The only troubling news is that the smaller of the

(continued)

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One of the nurses called Christa, and I said, "I'm fir Mommy, go see your babies." I watched as Christa inspected h newborn children, rubbing their little feet, kissing and touchi them. The attending pediatrician had put the little boy on ox gen because he was having some problems with mucus. We we concerned, but she assured us it was simply a precaution. Wh doctors closed my incision, I couldn't keep my eyes off Chris and her babies. I'll never forget the incredible love on her face

By the time I was rolled from the recovery room, I was able stop by the nursery to see my two grandchildren. In their tw isolettes, they were all pink and warm. Our little granddaught weighed in at only four pounds seven ounces. The boy was most two pounds heavier: six pounds three ounces.

Kevin finally arrived a few hours after the births. Before t day was over, he and Christa gave Danny and me a beautif gift. They've named our granddaughter Chelsea Arlette, aft me. And our grandson will from this point forward be Ch Daniel, after our own lost baby.

October 26, 1991

The babies are healthy and gaining weight steadily. Little Ch surprised everybody when he was able to come off the oxygen just fifteen hours. I was released from the hospital on the s teenth, and yesterday Christa and Kevin took the twins home Rapid City. I have to admit that I was sorry to see them dri away, but we'll be visiting in a week or so, and there'll be plen of time together in the future. I'm tired but feeling good a looking forward to going back to work next month. Most of a I'm anxious to have my life get back to normal.

All the ethicists' concerns have proved groundless. Do feel any differently toward the twins than I do toward o other grandchildren? No. Would we do it again? If Kevin a Christa want to, yes. But I don't think they will; they thi their family is perfect now. I couldn't agree more. ■

GRANDCHILDREN

continued

babies is in a breech position. They may do a caesarean.

October 12, 1991

Last night at eleven-thirty, while Christa, Danny and I were watching the Minnesota Twins in a play-off game, I felt something pop. I told Danny and Christa, and the two of them started giggling. Danny was telling Christa that I always overreacted when my water broke. "Get a towel! Call Kevin!" I yelled, while they both started running around in circles like the Keystone Kops. I couldn't help laughing. They looked so funny.

At the hospital, I was hooked up to a fetal monitor. The contractions began almost immediately. Kevin wasn't able to line up any of the planes they'd been counting on, and we all knew there was no way he'd be here in time for the births.

Everything went so fast. I was brought into the operating room and given a spinal anesthetic. Christa sat by me, holding my hand. Every time I had a contraction she'd ask, "Did that hurt?" I know Christa would have traded places with me in a second, so I tried to reassure her that it was all right.

My contractions were coming faster and faster, and Dr. Carlson decided to go ahead with the caesarean. It seemed like just minutes later that I heard Danny yell, "Here he comes." At 1:21 A.M., the doctor held up my grandson for me to see before they whisked him away to a table where a doctor and five nurses were waiting to tend to him. Christa just broke down. She buried her face in my chest and cried. Everyone in the room began clapping and cheering, and seconds later our first granddaughter was born. "Oh, Mom," Christa said, crying, over and over. "Oh, Mom." Then she looked at me, leaned down and whispered, "I love you." I looked up into my daughter's eyes and said, "I love you, too."

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Hillshire Farm "Chop, Chop."



SAUSAGE STIR-FRY. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Turkey Smoked Sausage or Polska Kielbasa, sliced
3¼ cups vegetables
⅛ t. ground red pepper
16 oz. can black beans, drained



Brown sausage in skillet. Remove and drain. In same pan, cook vegetables until tender. Add sausage, pepper and beans. Cook 1 or 2 minutes until warm. Serves 6.

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lshire Farm 1991

Worse than my fear of the rapist was my fear that I would lose Steven. Our sex life had always been very important. I needed to find out that with all that the rapist had taken from me, he hadn't succeeded in taking away what Steven and I had shared. And I needed to know it as soon as possible. So, that Sunday night, one day after the rape, I asked him to make love to me. We moved cautiously. It was not the best sex we'd had in our nine years together, but that wasn't what I was looking for. What I was looking for, I found.

Going back to real estate was out for me: The idea of walking into an empty house with a stranger made me sick. So finally we decided I could start baby-sitting for children in our house.

Meanwhile, Detective Roth had been making progress. By checking local pawn shops, he found not only my wedding rings but also the woman who pawned them, Lisa Davis. When the police went to her house, they found Bobby Lee Smith, who fit the description I'd given. He also fit the profile for a man who had attacked a woman in Indianola a few days before. And he had a record for theft, weapons possession and robbery.

When Ralph Roth showed me his mug shots, I got all cold and clammy. I'd seen this face too many times in my dreams not to be absolutely sure. This was the man. The preliminary DNA tests seemed to point to Bobby Lee Smith, too. In December, he was arrested and put in jail to await trial.

Six months later, it was decided that the Indianola woman's case would be tried separately first. So began an endless number of delays and continuances before my trial would start.

To speak out

Steven was becoming as angry and frustrated with the delays as I was. Sometime during the summer, he clipped an editorial from *The Des Moines Register*, written by the editor, Geneva Overholser. Now he brought it to me, saying, "Read this. Maybe you should think about doing something like this." *(continued)*

RAPE

ntinued from page 132

it to wear, since all my clothing had been turned over to the lice for evidence. I had to call Steven.

The tears really came then. "I'm sorry," I sobbed. "Please n't hate me." I was almost incoherent with fright. "And the ds, please don't leave the kids. He threatened to come after em!" We finally settled it that Steven would stay with the ildren and I'd be home as soon as I could.

It was time for me to talk to the policeman to make the re-rt. My first reaction to Ralph Roth was that he didn't look e anybody's idea of a big-deal macho cop. He looked like ev-ybody's father. Crying again, I told him my story with all the tails I could remember. We even drove around afterward oking for that building with the number 1320 on it.

Finally at home, all I could think of was washing the day off e. I looked down at my body, and cried and cried. If only I uld've peeled the skin off, gotten down to the bones somehow. bedtime, I was too afraid to let the children sleep in their n rooms, so Steven helped them make nests on our floor.

Neither Steven nor I had ever been very good at hiding our elings; hiding what had happened from the kids was never an tion for us. We had already talked to them about good touch d bad touch, so we told them a man had touched Mommy d. And Mommy had told the policeman, who was going to get at man and send him away to jail. I hadn't ever wanted my ildren to think of the world as a scary place. Suddenly, it emed, I hadn't known what I was talking about.

Once I got home, I stayed home. If I had to get up in the mid-e of the night to go to the bathroom, I'd wake Steven to come ith me. I couldn't shop for groceries or answer the phone. But even had to get back to his job as a diesel mechanic, and I had get used to being in the house alone.

Hillshire Farm "Pronto."



SAUSAGE ALFRESCO. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Lite, sliced
½ lb. fettuccine
¼ cup butter
¼ cup onions, chopped
1½ cups vegetables
1 cup heavy cream
⅓ cup grated Parmesan cheese
2 T. chopped parsley



Prepare fettuccine; drain. Melt butter in skillet. Add onion; then vegetables; cook until tender. Set aside. Brown sausage and drain. Combine sausage, vegetables, cream. Simmer. Add cheese and parsley. Serve over fettuccine. Serves 6.

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RAPE

continued

It was called "American shame: The stigma of rape." Overholser urged rape victims to speak out, saying, "the sour blight of prejudice is best subjected to strong sunlight.... Rape is an American shame. Our society needs to see that and attend to it, not hide it or hush it up." I had to read it two or three times. To speak out? How would I go about it? And what would it do to my family? For three weeks, Steven and I talked about what this kind of decision might mean for us.

Then I called *The Des Moines Register.* When Geneva Overholser came to the phone, I blurted out who I was, what had happened to me, what I'd been thinking. We made an appointment.

Steven said, "If this is what it will take for you to get control of your life back, then I'll support you."

Within days, Steven and I had been to Des Moines, talked to Geneva and had a reporter, Jane Schorer, assigned to the story. Geneva and Jane assured me that there would be nothing printed until the trial was over and a verdict announced.

Later, Geneva was asked why she didn't wait for a rape in which both people were of the same race. She felt she could have waited years for another chance like this and that race was *not* the issue anyway—it was being able to identify the rape victim and tell her story.

On October 18, 1989, Bobby Lee Smith's first trial began. One month short of the first anniversary of my rape, the jury found Bobby Lee Smith not guilty. Because DNA testing hadn't been done and there was no clear physical link (like my rings) in the Indianola woman's case, it was a matter of her word against his. I heard the news with a sick stomach. That woman had testified, and they didn't believe her. What if they didn't believe me either?

Finally, my trial began, on January 25, 1990. I'd been waiting what seemed like a lifetime for this one day. Now it was here, and all I felt was sick.

As Nan Horvat, the prosecutor, took me through the rape, question by question, she spoke slowly and carefully. I tried to answer in the same way. At some point, I started crying.

"Is the person who did all these things to you, Nancy, in the courtroom today?" she finally asked.

"Yes," I said.

"Can you point him out?" she asked.

This was the moment I'd waited for. "He's the man sitting right there," and I pointed my finger at Bobby Lee Smith.

The jury came back in less than ninety minutes with a guilty verdict. For his crime, the mandatory sentence in Iowa is life imprisonment.

Giving rape a name

Jane told me that the newspaper ser would begin in the February 25 e tion of *The Des Moines Register*. On t day, there it was: "It couldn't happen me: One woman's story."

The series continued over the next f days, and each segment brought ba painful and powerful memories.

Now that it was real, we braced ou selves for the hate mail we'd get, t friendships we might lose. But to o complete surprise, that's not what ha pened. At first, it was notes from peopl knew, full of only positive things to say me and to my husband.

And in a few more days, I started seei another kind of letter: the ones from v tims. Women who'd been raped last ye five years ago, forty years ago. Wom who'd lived in silence with this secret a had believed they were alone and som how to blame. Every day, more pho calls and more letters. It was simply t most amazing thing I had ever seen.

Suddenly, I was invited to be on T shows on every network. I testified befo the Senate Judiciary Committee Washington, D.C. I spoke about victim rights at conferences and meetin around the country. I didn't want to co plain, but I would've liked to grab on the reins and slow things down just a bit

In July, *The Des Moines Register* pu lished what I came to think of as t backlash story. People in Grinnell didn like me, it said. I was taking advantage the situation to feed my ego and my poc etbook, it said.

When I read it, I pitched a full-stear ahead tantrum. I do take care of my ki and my family; I make peanut butt sandwiches, and I occasionally vacuu And Steven was still taking only tw weeks off a year, and I was still makin Chef Boyardee pizza for the kids.

It's too late to worry about what oth people think, I commanded myself. know I am no longer who I was, not ju because of the rape but because of ever thing that came after: the fight for reco ery, the trial, the publicity. And I'm n sure yet just exactly who or what it is th I'm becoming—only time will tell.

I would never judge those victims wh decide they must remain silent—this har choice must be theirs alone. And whe your attacker is your husband or your f ther or your best friend, who could blam you if you just want to forget it?

But there's a strength inside each of u that we don't even know is there. I believ with all my heart that there can be no fo getting, and precious little chance of hea ing, until you decide to tell someone. G help, from wherever you can, and ask fo what you need until you get it. It is you absolute right, and it may be your onl salvation. I know it has been mine. ■

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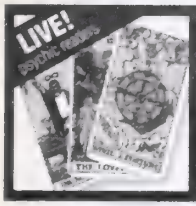
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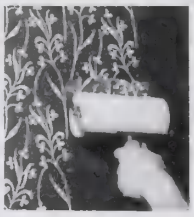
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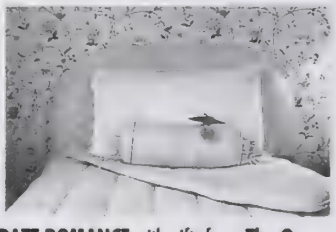
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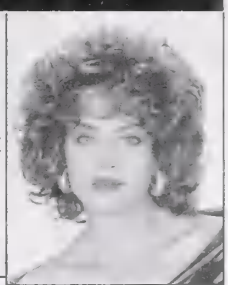
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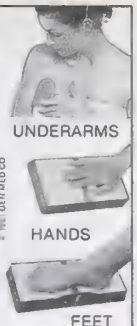
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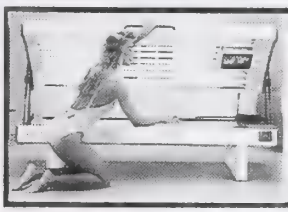
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pet news

Keeping your cats and dogs healthy and happy. By Nina Keilin

Can this pet be tamed?

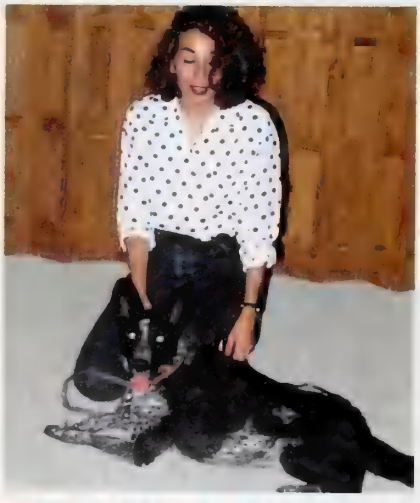
"My dog won't listen"

Wouldn't it be great to have your pooch instructed by a star trainer and his dog? We took a real-life pet with real-life problems to meet with Bear—the St. Bernard mix who plays Dreyfuss on *Empty Nest*—and his celebrity trainer, Joel Silverman.

Nina's turn "I got Kiwi four months ago, from a shelter, where she'd been for ten months. She's a two-year-old Australian cattle dog, and very intelligent, but since she's a herding dog, she'd love to run free.

"We started working on basic obedience commands, and she does very well when there are no distractions. But sometimes she just lunges on the leash and doesn't pay attention. When a neighbor came up to pet her, I told her to sit, but she jumped up and almost knocked him over!

"I really love Kiwi. But she's a lot stronger than my last dog was. I need help to get her under control."



Who's the boss? Kiwi learns self-control after just one session with a professional trainer

Kiwi's turn "I've been so happy since I came to Nina's home. I have two cats to play with, Fred and Bubbles. There's a big yard to run around in, and plenty of food and my own Frisbee and ball.

"When people come up to pet me, I'm so happy, I jump on them. I don't see anything wrong with that. I'm confused when Nina tries to stop me."

The trainer's turn "I could see right away that Nina was hesitant to pet Kiwi for fear of getting her too excited. Also, she had been correcting Kiwi too late when the dog lunged ahead. She needed to allow just a foot of slack in the leash so she could pull Kiwi back before she moved more than an inch out of line, giving a quick tug on the leash. Then Nina could gradually move into allowing more slack on the leash. She also needed to get a heavy chain collar—the light nylon one she was using had no effect."

Nina's recap "Sometimes you need an outside observer to figure out the little things you're doing wrong. It was amazing to see what Joel could do in just a couple of minutes—Kiwi sure paid attention to him! She started to heel correctly. Then he practiced having her sit still while being petted—so she was rewarded for being calm. I went out and bought a heavy chain collar right away. Kiwi is doing 100 percent better. I recommend this sort of brief consultation for anyone who has a pet problem."



Teacher's pet: Joel Silverman and Bear (aka Dreyfuss) show off their star technique

JOEL'S TOP TIPS

1. Training sessions don't have to be long—two to five minutes a few times a day is more effective. That's what we use with all our performing animals.
2. Use food as a reward at first, coupled with tactile rewards—petting and praise. Gradually phase out the food while increasing tactile rewards.
3. Finish training sessions with a play session. Then the dog associates training with fun.
4. Don't rush. If the dog is regressing, review earlier lessons.

For more help, you might enjoy Joel's new videos. Call 800-747-STAR for information.

Health watch

HELP FOR ALLERGIC CAT LOVERS If the mere sight of a cat sends you into an attack of the sniffles, you might try washing your cat as suggested by allergists at the University of Virginia. Noting that allergy sufferers were often unwilling to forfeit their felines, the team tested an air-cleaning regimen. What worked? Vacuuming furniture and floors frequently, removing carpets and some furniture, using an air filter and—if you can manage it—rinsing your cat weekly with distilled water. This reduced airborne allergens by more than 90 percent. Richard Thoma, D.V.M., a fellow of the Academy of Feline Medicine, says the dousing should have no negative effect on the cat. *–Reporting by Pam Brick*

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last look



Love and kisses

IN HONOR OF VALENTINE'S DAY, HERE'S A PHOTOGRAPHIC SURVEY OF SMOOCHES FROM AROUND THE NATION, FROM BRUCE AND DEMI TO YOUNG-AT-HEART LOVEBIRDS









Photos, clockwise from top left: Bill Davila/Outline, Steve Morton/Silver Image, The Image Works, Brian King/Leo de Wys, Bob Krist/Leo de Wys.

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From migraines to tension headaches, everything you need for fast relief.

What men fear most
Does your husband always put up a brave front? We talked to lots of men to find out what *really* scares them, deep down, from failure at the office to inadequacy in the bedroom.

Suite dreams
Don't miss part two of the New American Home tour. We'll show you the fabulous bedrooms and baths that make this house a model of luxury.

Plus:
Interviews with your favorite celebs and lots, lots more.

On sale February 10

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It was only 2:00 PM and Keith Heavenridge already knew the rest of his day wasn't going to turn out like he had planned. Heavenridge was already late for a 1:45 meeting. Leaving his office, he saw that his car was blocked by his wife's Volvo.

"I have to admit I was a little annoyed at the time," he recalls. "Instead of waiting for her to move it, I decided to take the Volvo."

This action would take on greater meaning thirty-five minutes later. Because as Keith was turning onto Sunset Boulevard, a twisting, turning, four-lane highway with no median to separate traffic, another car came flying around a blind turn and, crossing four lanes and speed bumps, lost complete control, hitting the Heavenridge Volvo GLE wagon head on.

"I don't even think I took my foot off of the gas," says Heavenridge. "He came out of nowhere. All I remember is this crunching feeling to the very core of my body."

"I went down to the impound where the tow truck had taken the car after the accident," Cecily Heavenridge remembers, "and when I got to the car, I couldn't believe it. My stomach got all knotted. I mean there was nothing left of the front of the car. Nothing. It was crunched right up to where Keith was sitting.

"I know in my heart I would have been a widow raising three kids if he had not been driving my car that day."

"The front of the car collapsed like an accordion just like I had read it would," Keith Heavenridge says. "The air bag went off. The first few moments I just sat there, doing an inventory of my condition. I was a little shaken up, my wrist hurt from banging the windshield, but that's about it. I then opened the door, got out and walked over to check on the other driver."

Beginning with Volvo's unique safety cage construction developed in 1944, to crumple zones and child safety innovations, to today, on 700 and 900 series cars, a side impact protection system years ahead of government requirements, Volvo design engineers have introduced 47 new safety features to their vehicles in almost as many years.

"An experience like this teaches you that you can be the safest driver in the world and because someone else is not paying attention or because of the circumstances at a given point in time, you can get into an accident," Heavenridge says.

There are 34,000,000 accidents each year in this country and over 40,000 deaths. To look at these statistics is at the same time frightening and deceiving. Because at a distance, numbers become anonymous and accidents only happen to "other people."

Keith Heavenridge knows how false this sense of security can be. As he stands by Sunset Boulevard recounting his accident, another one almost takes place. Tires screech. Horns blare.

He just shakes his head and walks away.

Each year, the Insurance Institute for Highway Safety studies the occupant death rates in thousands of accidents.* In its April 1991 study of 1984-88 models, the car with the lowest fatality rate was the Volvo 240 wagon. Each year IIHS has been analyzing accident statistics, Volvo has been at the top or near the top in their respective model categories. No car manufacturer can guarantee you will survive an accident. No company can say you won't have an injury. But statistics show and crash tests demonstrate that some cars can offer more protection than others.

"I thought of how close we had come with Keith's accident to being alone," Cecily Heavenridge says. "I never want to be in that position again. Since then, we've bought two more Volvos."

There are certain moments in your life when your entire world becomes crystal clear. When all your priorities are in order. For Keith Heavenridge, that moment came on January 3, 1990 at 2:35 PM.

It is now almost two years later. Keith Heavenridge is having his picture taken for this advertisement. In another room in his house, his son, David, nine years old, picks up a photo taken of his father's crumpled Volvo after the crash.

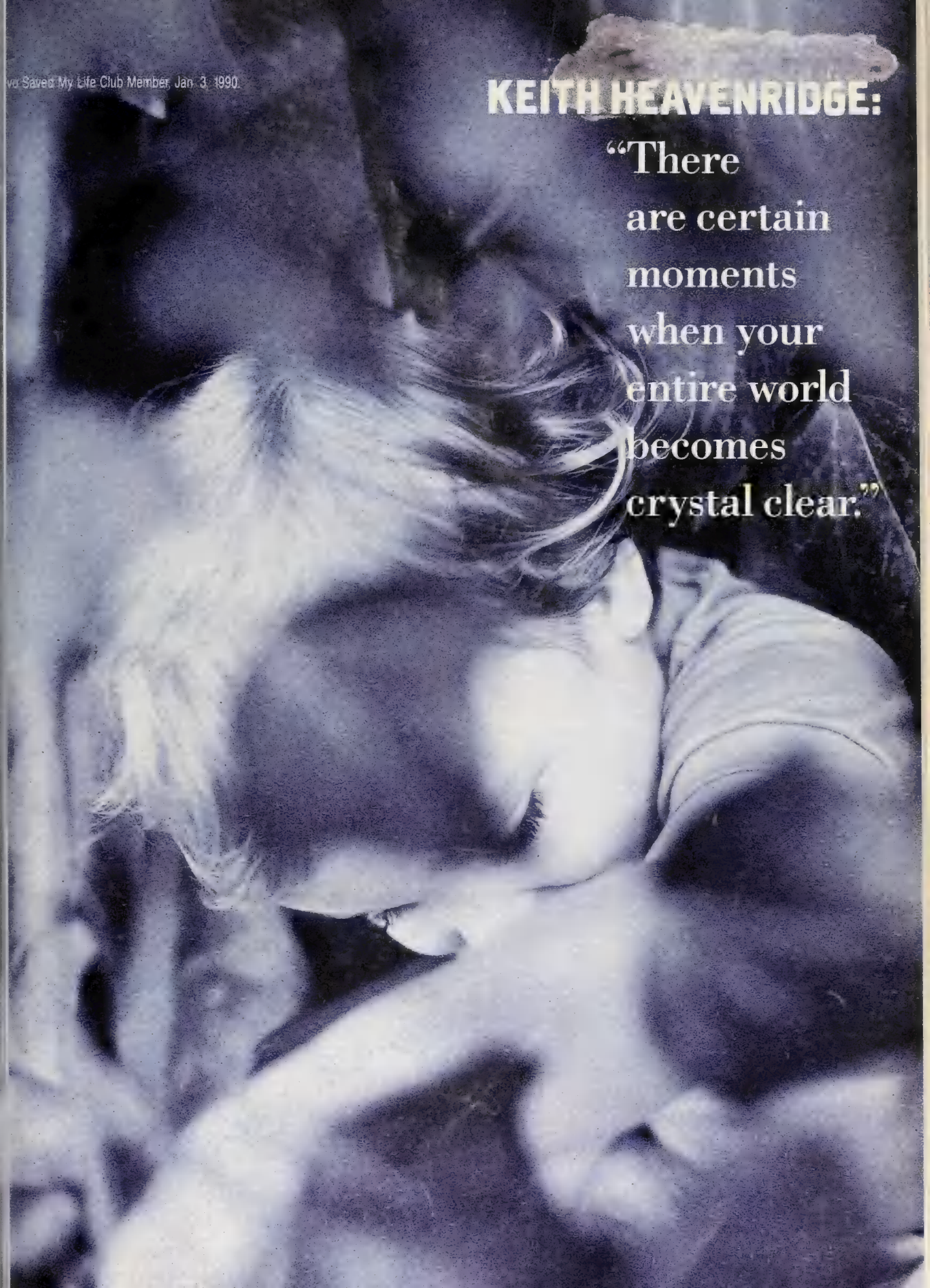
"My dad was in this car."

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*Study published April 1991 of 134 biggest selling 1984-88 model year cars during 1985-89 calendar years.


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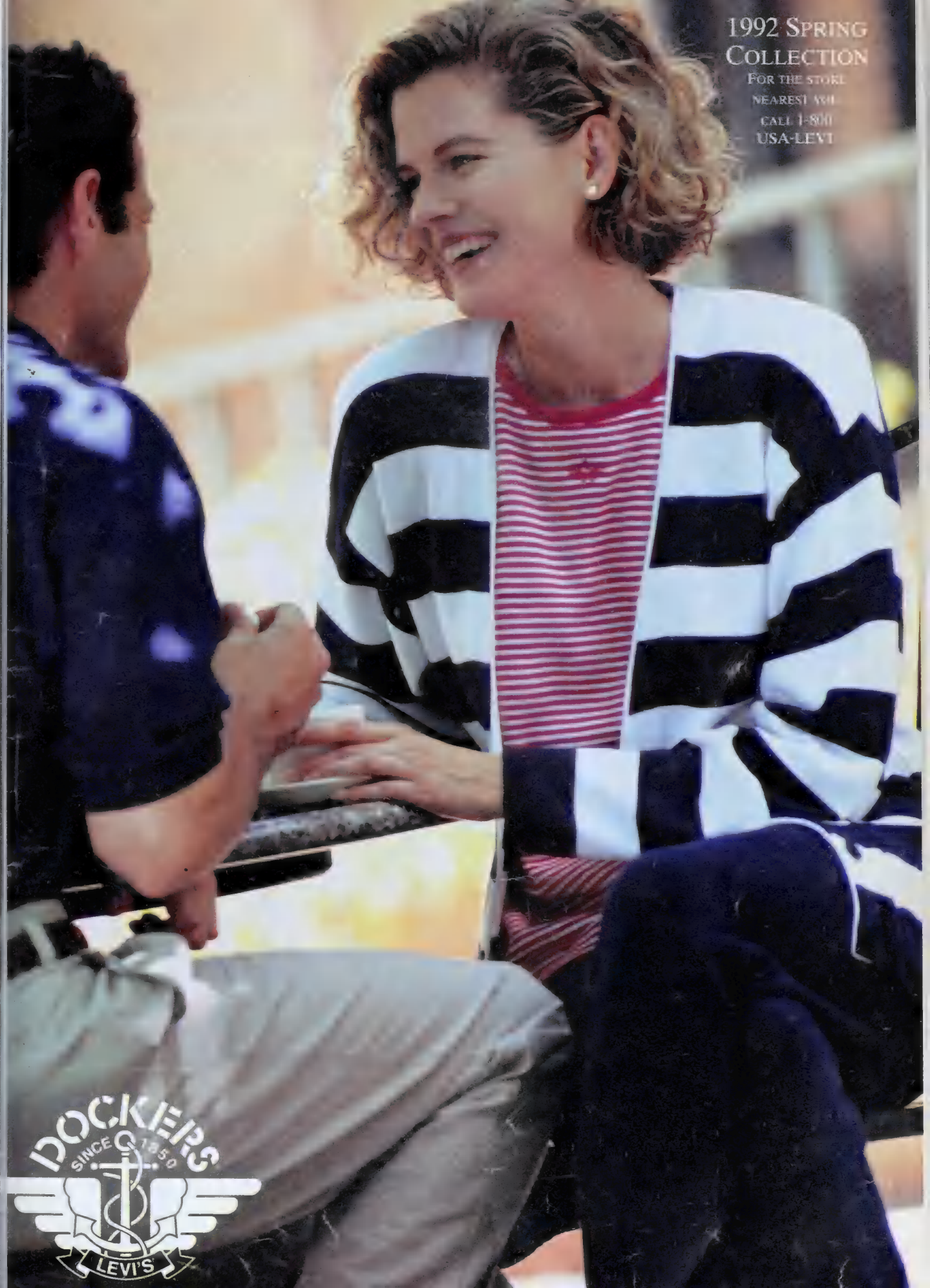
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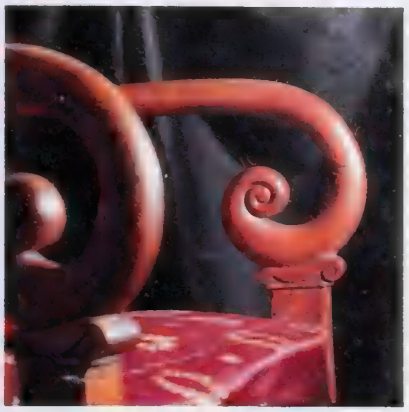
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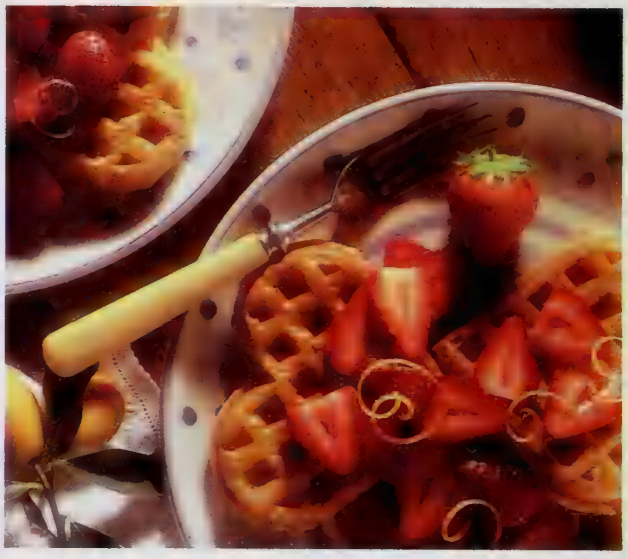
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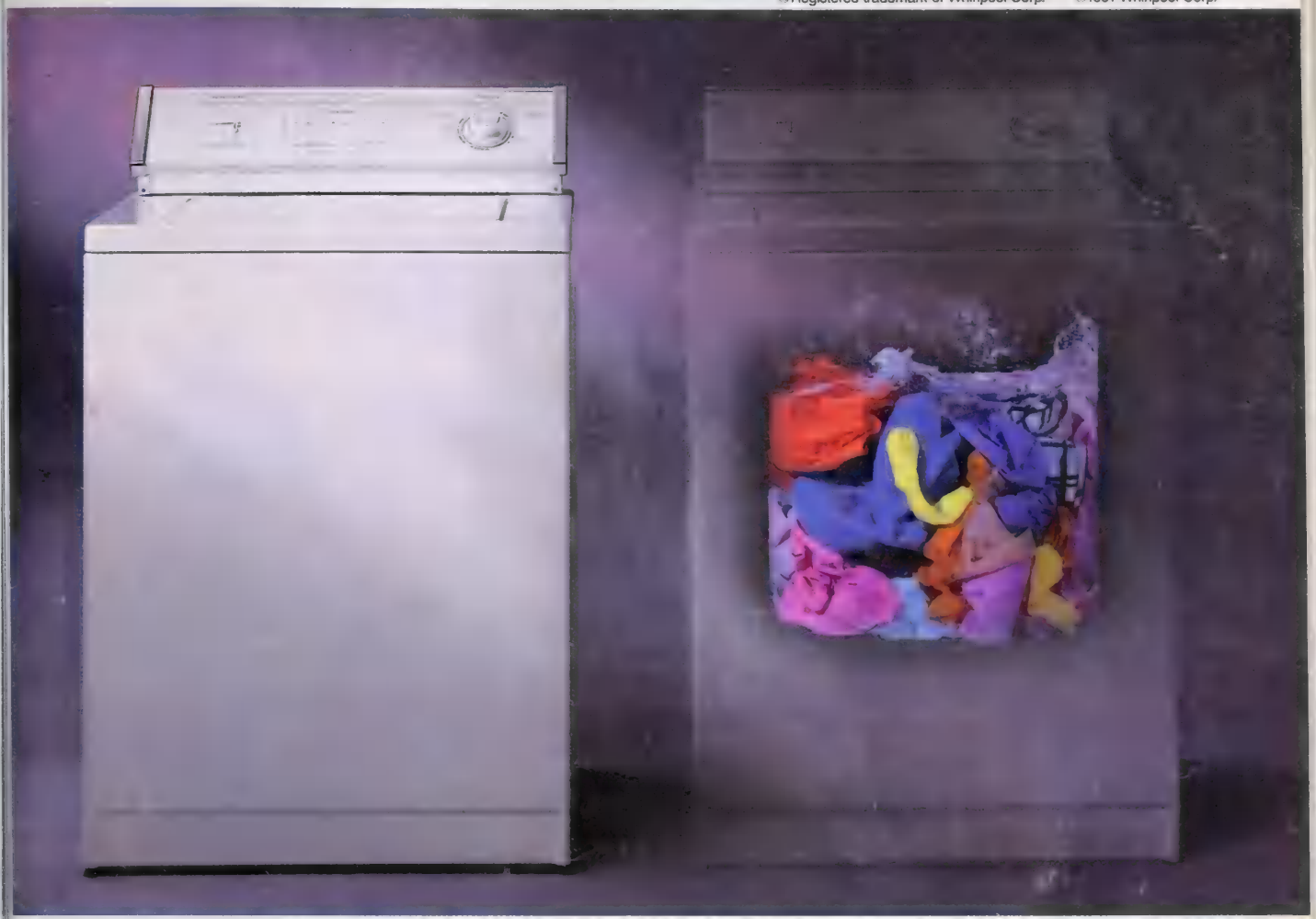
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Cover photos: Ann Jillian, Steve Smith/Onyx; Joan Kennedy, Brian Quigley. This page, from top: Bill Milne, J.Hill. "A woman today," January 1992: Jennifer Holliday's makeup, Lanier Long; hair, Elena George.

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editor's

Joey comes home



Last July, in our column "A woman today," *Ladies' Home Journal* published Kathryn Alter's story of the kidnapping of her son, Joey, now six, by his father. Kathryn, a nurse, lives with her husband and new baby in Winter Park, Florida. Joey's father, who did not have custody of his son, abducted the boy in November 1990, when Joey was visiting him.

A researcher for NBC's *Unsolved Mysteries* saw the *Journal* story, contacted Kathryn and filmed a segment for the show. The promotion for the show, which featured pictures of Joey and his father, aired December 3. Someone in Socorro, New Mexico, who knew Joey and his dad, saw the promotion and called the local sheriff. Within days, Kathryn and Joey were reunited and spent "their happiest Christmas ever," Kathryn says. "I'm very grateful to *Ladies' Home Journal*," she told us. "If it wasn't for you, we'd still be looking for Joey, and that's the truth." What could be more gratifying for an editor than knowing her magazine helped reunite a family?



Little boy lost and found: Joey's best Christmas gift was meeting his baby sister, Elizabeth

Since *LHJ* and *Unsolved Mysteries* seemed a potent combination, we decided to work together again. See our story on this top-rated show in "What's hot" (page 40), plus the details of another intriguing case that you just might be able to help solve.

What else is especially compelling in this issue? A surprising look at "What men fear most" (page 82), our bountiful breakfast cookbook to brighten your morning (page 147), inspiring stories for these tough times of women who lost their jobs and went on to better things (page 74), and a thought-provoking feature on our current passion for motherhood (page 99). So curl up and look, read, enjoy...

Myrna Blyth

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can this marriage be saved?

"We bicker all the time"



INTRODUCED THIRTY-NINE YEARS AGO, "CAN THIS MARRIAGE BE SAVED?" IS ONE OF THE MOST POPULAR, MOST ENDURING WOMEN'S MAGAZINE FEATURES IN THE WORLD. THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF RITA SASON, M.S.W., A.C.S.W., OF FAMILY SERVICE AGENCY IN THE PRINCETON, NEW JERSEY, AREA. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

BY ELLEN SWITZER

BECKY'S TURN "Is it possible to love someone very much even though almost every conversation ends in an argument?" asked Becky, who looked much younger than her twenty-three years.

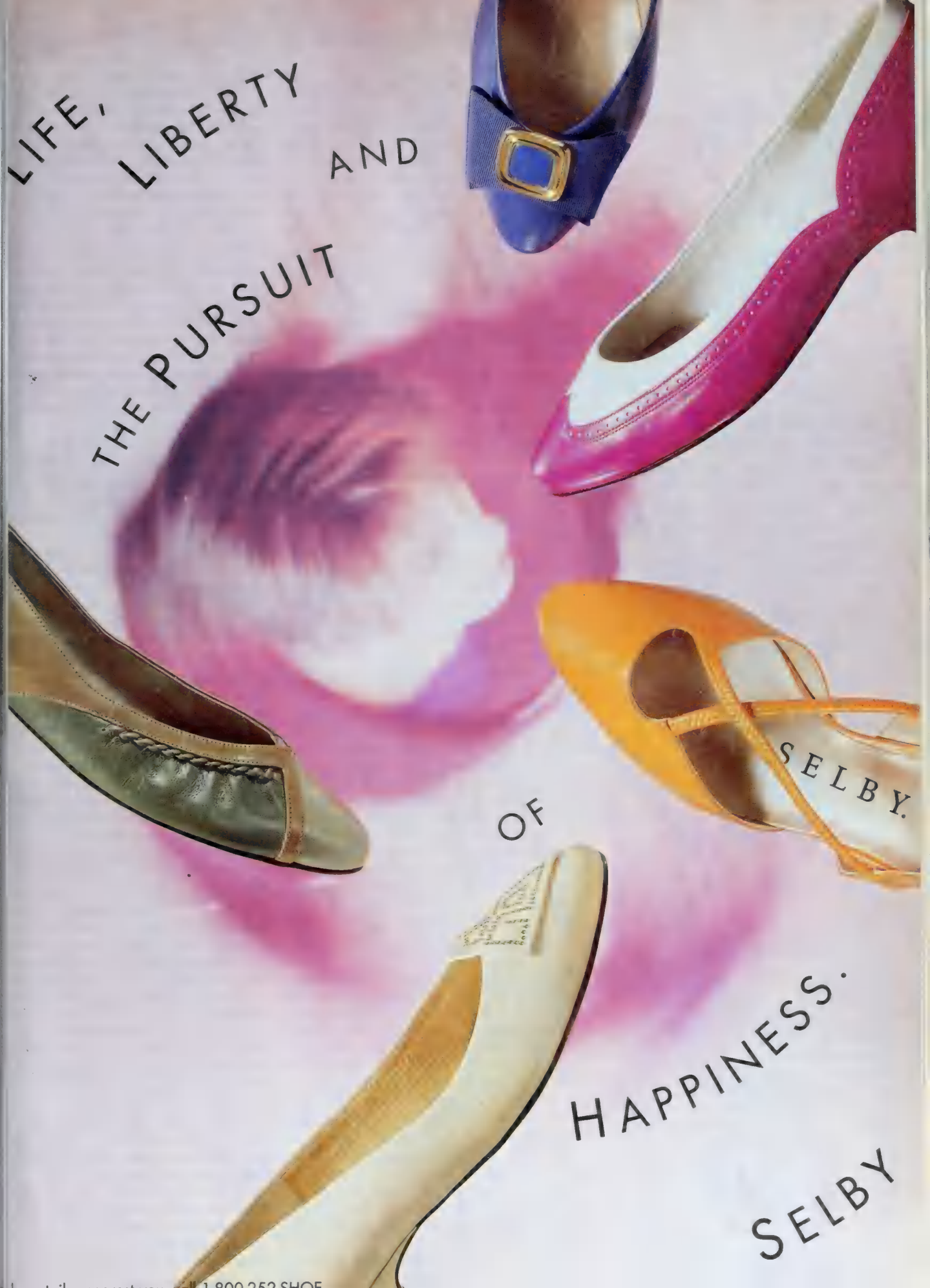
"Joe and I spend most of the time we are not making love mad at each other. Fights go on for days—with him yelling and me weeping in the bedroom with the door locked.

"Now that I'm two months pregnant, I worry about what will happen to a child growing up in such an atmosphere. I don't want to leave Joe, but I'm sure the constant tension will hurt our child. My mother always told me that decent parents never argue in front of their kids. So I'm really worried about how we'll handle the normal stresses later on if we can't even get along now.

"My mother and father were not nearly as close as Joe and I are, in spite of all our fighting. They've always been, well, polite and controlled, and they never really showed any affection. Hugging—in fact, any kind of touching at all—was almost unheard of in our house. But as far as I can remember, they never had an open disagreement or raised their voices. And they never yelled at me or my brother either.

"Of course, they sure had their ways of showing disapproval, usually by looking tight-lipped and becoming cold and distant, especially if we misbehaved. When I was little and did something that displeased her, Mother would not let me kiss her and would refuse to tuck me in bed at night. This is going to sound trivial, but it's so typical: I remember one time—I must have been about six or seven—and Mother wanted me to finish my vegetables. The asparagus was cold and soggy, but she insisted I eat it. When I refused, after about two hours of sitting by myself at the kitchen table, she sent me to my room for the rest of the night. I felt so unloved and lonely. And that's the way I often feel when Joe and I have a fight. I lock the door and make Joe sleep on the couch.

"We met in a creative-writing class, an evening program at our local community college. My parents, both college graduates, wanted me to go to school full-time, but I wasn't sure what I wanted *(continued)*


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CAN THIS MARRIAGE
continued

to do with the rest of my life, so I got a job in a dress shop and, to please them, took courses at night. Joe was the class star. The professor praised his short stories and poems to the skies. Often, he'd ask Joe to read his work to the rest of us, and he encouraged him to submit articles for publication. I was barely a C student and, obviously, was never asked to read aloud. But then, I have no special talents.

"After a while, Joe started looking straight at me when he read his love poems. The expression on his face made me tingle all over. When he asked me out, I was thrilled. He told me he'd have asked sooner, but he had very little money. He had decided to become a full-time free-lance writer, and though he had sold a few short pieces to the feature section of our newspaper, what he earned was barely enough to pay for even a hamburger and a movie. I let him know that it didn't matter what we did. After three dates, we were madly in love, and we decided to get married as soon as we could afford an apartment.

"My parents weren't thrilled when I told them our plans. That's putting it mildly. In fact, they were furious. My father is president of a large local insurance company, and he let me know that he thought Joe, whose father works in construction, was not a proper husband for his daughter, especially since Joe didn't have a steady job. When we insisted we'd get married anyway, my parents decided we had better move into the top floor of their large house. 'I didn't bring you up to live in a slum,' my father told me. So for two years, we lived with them. They were very cold to me and made every attempt to ignore Joe entirely—one night I watched as my father passed Joe on the stairs and didn't even say hello or excuse me. At least Joe was able to go to college full-time and get his degree. As soon as he graduated, we rented our own tiny apartment.

"But the two years at my parents' house were a strain on our marriage. We had little privacy and could never really discuss anything or work out any problems we had unless we left the house. Sometimes we'd sit on a park bench or at a local hamburger joint and try to resolve our differences. We knew we had problems, but they didn't really become so obvious until we had our own place.

"That's when I realized that all Joe did to settle an argument was yell at the top of his voice. Just hearing him shout at me made me sick with anger and disappointment, but I never yelled back. I'd just sit quietly until it got to be too much for me; then I'd burst into tears, run to the bedroom and lock the door.

"Joe usually continues yelling until he realizes I won't join in such rude behavior. But as soon as I come out of the room, he starts in again.

"Our fights often start out fairly harmlessly—take housework, for example. I despise cleaning, making beds, that sort of thing; at my parents' house, someone came in to clean. I know I have to pitch in now, but since I also work full-time, often come home too tired to do a thing. Joe helps out, but I can tell that he thinks my job. We also argue a lot over money. Joe has a hole in his pocket. While we're drowning in unpaid bills, he goes out and buys a word processor.

"Finally, he got a full-time job and started writing in his spare time—he didn't quit doing any housework at all. On top of this, he tells me he hates his job and would quit in a minute if he could make it as a writer. Obviously, he's blaming me for ruining his as-yet-nonexistent career.

"Last week, he asked me to help him with his writing—to call a person I'm a stranger to check a fact he wasn't sure of. I hate talking to strangers on the phone, and Joe knows it, but he tells me that if I loved him, I'd do it. Does that make any sense to you?

"When I found out I was pregnant, I was thrilled, but Joe hasn't said very much about it. I sometimes think he suspects me of plotting to make him stay at his job and keep him from being a writer.

"At any rate, I'm feeling sad, anxious and more guilty than ever. Can you help us ease the tension? This is certainly not a question of divorce—we do love each other—but it seems we just can't live happily with each other."

JOE'S TURN "I fell in love with Becky after one week in that writing class," said Joe, a tall, twenty-six-year-old with curly red hair who paced up and down the office as he spoke.

"She is so lovely and delicate, so quiet and thoughtful. I couldn't help writing most of my poetry to her. I was afraid to ask her out, though, because I knew she came from a well-to-do family and would probably think a guy like me was from the wrong side of town. When I sold two feature articles and the editor promised more work, I finally got up the courage to ask her.

"I couldn't believe how happy she seemed to be with me. I know she could have dated anyone she wanted to, and here she was going out for coffee with me. For both of us, love meant marriage, commitment for life. Since I couldn't afford a diamond, I bought her a little pearl ring with two tiny diamond chips. She loved it. But her parents did not.

"They made it quite clear they considered me a totally unsuitable son-in-law who was probably marrying their daughter for their money and social position. Becky was not the rebellious kind and

ly contradicted her father, but this she stuck to her guns.

To tell you the truth, my parents were as unhappy as Becky's, and they told ow they felt. Shouting at the top of lungs, they insisted we were in no fi- cial shape to marry. If I got married , they warned, I'd have to give up my ies and I'd end up with the same kind enial job my father has. He'd wanted to college but had married my moth- hen she got pregnant. He never al- ed her to forget for one minute who to blame for their unhappy life.

don't know who's worse—Becky's s, who live like polite strangers, or e, who are rude, angry enemies. I've ays hated the turmoil and constant ling that went n our house, but ppose I eventual- earned that the y way to get ugh to anybody scream as loud- they do.

Since everyone dead set against marriage, we it to town hall were married by ustice of the ce. I hated de- ving Becky of h a beautiful ding *and* a hon- oon, but we just ldn't afford to go where.

Despite the lack rivacy at her par- s' house, we did e a fantastic sex life. If that part of our tionship hadn't worked so well, we'd divorced by now. Like she said, we'd tle about everything. She would not t my parents, who she claimed hate , though I told her repeatedly that they 't. She refused even to make the bed, ving it for the maid to clean up. She ted to save every penny she earned n her job, referring to it as 'her' mon- I might add, and couldn't understand y a word processor would be much re efficient for me than the portable ewriter I'd bought at a pawn shop. Do ave to get my wife's okay every time I e out my wallet?

can't help thinking that if she really ed me, she would know how important ng a writer is to me. Maybe she'd try to p with fact-checking my articles, or atever, if she wasn't busy. She makes feel like a heel for even asking her. en I asked her to make that call, I was ually on deadline with two pieces—the st I've ever had from the paper. I was aid that if I took the time to track down t information, I'd miss my deadline.

Our own apartment is very cramped, but it could be a lot more comfortable if Becky would just put a little more effort into housekeeping. But, of course, she spends most of her time lately locked in the bedroom, crying. I really don't think she's fighting fair. Often she won't even answer a valid criticism. Her face freezes up, then she pouts and refuses to talk to me. I wish she would just stand up for herself and let me know what she thinks instead of sobbing. Then we might have a chance to clear the air. As things are now, nothing ever gets settled. We end up in bed, which smooths things over for a while, but the next week, the same problems boil over again.

"How can I say this nicely? I want Becky to become a woman I can talk to as well as make love to. I think counseling may be our last chance to have the kind of marriage I think we both want."

"I don't think she's fighting fair," said Joe. "She won't answer a valid criticism and spends most of her time crying."

THE COUNSELOR'S TURN "Becky and Joe were a study in contrasts, not just physically but temperamentally. She was tiny; he was big. She was shy and quiet; he was extroverted and loud. When she talked, she sat up straight in her chair and folded her hands in her lap. He paced the room, gesturing to make every point.

"In spite of their obvious differences, though, they loved each other and couldn't imagine living apart—but they were doing a terrible job of living together. I predicted that in time, their constant, unresolved fights would not be settled by their passion for each other. Fortunately, both were aware of this, and smart enough to realize that the tension would greatly affect their child.

"Some couples battle and make up and actually enjoy the process. They may feel that people who love each other shouldn't fight, but they understand that some conflict is normal. Becky and Joe didn't fit this pattern: Fighting made them both miserable. It frightened and disgusted Becky, and it made Joe feel guilty. To keep the marriage together, it was essential for them to change the way they communicated. But first they had to understand why they fell into certain patterns in the first place.

"Becky came from a family that considered any display of emotion bad manners. Open anger, in particular, was frowned upon. Instead, Becky's parents found other—and, in fact, more damaging—ways *(continued)*

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CAN THIS MARRIAGE

continued

to show their displeasure; they made their love conditional on good behavior and withdrew it as punishment. Joe's family handled disagreement differently; they never kept anything to themselves! All disagreements were voiced, loudly and continuously, and name-calling and insults were common and probably not taken too seriously. Indeed, there was an unspoken feeling that being polite and considerate was in some way being insincere.

"It was not surprising that Becky and Joe had developed different styles of fighting. Joe attacked; Becky ran. And nothing ever got settled. Unfortunately, they had many matters that desperately needed to be settled. Becky had grown up in an affluent home and had not been expected to worry too much about either money or housework. In Joe's house, money was always tight, and since Joe's father was the breadwinner, he usually made decisions about major purchases without consulting his wife.

"It should be noted, however, that though they came from very different backgrounds, neither Becky nor Joe had ever felt loved as a child. Both needed reassurance that they were now loved by their partner. Both peppered their conversations with the phrase, 'If she [he] really loved me . . .' Every conflict became a test of love.

"When I explained some of the factors I thought had contributed to their attitudes and fighting styles, both understood right away what I was talking about. I then taught them how to cool down their disputes [see "Skill builders," right].

"As the tension eased, Joe was able to admit to himself and to Becky that even though he was not happy with his sales job, he realized at this point in their marriage that he needed to bring home a steady paycheck. A realist, he accepted this, and once he stopped feeling sorry for himself, Becky stopped feeling guilty for keeping him from his 'life's dream.' In time, they were able to talk about their future without becoming anxious and angry. In doing so, Becky became more understanding of Joe's need to spend both time and money on his writing. She was more willing to help him and started small by doing some library research for his articles. Last month they had a joint byline in the Sunday newspaper magazine section.

"Joe also admitted that he hadn't said much about the baby because he was worried about how Becky would view the prospect of motherhood since she seemed to hate anything that smacked of domesticity. 'I thought I had trapped her by getting her pregnant and that she upset with me,' he said during one sion. Once they were able to cor how truly blessed they both felt, were relieved.

"This couple stopped counseling four months, though I do hear f Becky every once in a while for wha calls 'damage prevention.' They are l ing forward to the birth of their c with the full knowledge that while pa hood may bring up new conflicts, have the tools to resolve problems."

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Skill builders

COOL-DOWN TIME

Becky and Joe had to learn to pu the brakes on an argument, whic often escalated from a small disagreement into a global battle which they each brought up ever wrong they could think of. Their counselor suggested that whene a fight veered off the subject at hand, the partner who first notice the drift should say, "Stop!" Both were to return to the original dispute and offer specific options for solving that problem and that problem—only without crying, pouting or screaming. If no amou of reason was producing a workable solution, however, one partner had to suggest that they take a time-out for one hour, durin which they would separately try to distract themselves and release tension from the heat of the moment. Becky might call a friend to chat, turn on the TV or read a novel. Joe might take a walk or go for a jog. They actually set a kitchen timer to let them know when it was time to get back together. Often, it was then possible for them to resume a conversation. If not, they continued the process until they could. This exercise put a structure on their fighting and helped them find a desperately needed closure.

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I helped heal myself

I WAS HORRIFIED TO LEARN THAT I HAD DEADLY LIVER CANCER. BUT I'M CURED NOW, THANKS TO AN ORGAN TRANSPLANT—AND THE POWER OF MY MIND



BY BRENDA WARNER SULLIVAN

I had never had much faith in things I couldn't see, especially when it came to alternatives to traditional medicine. But when I was diagnosed with a deadly form of cancer, I was desperate to try everything possible to save my life—no matter how crazy it seemed. Now I feel I'm living proof that nonmedical treatments can help the healing process.

In 1988, I developed symptoms that puzzled both me and the three doctors I consulted. At forty-three, I was in great shape and jogged three miles daily, yet I couldn't climb a flight of stairs without becoming utterly exhausted. My lower left leg had also become swollen. But apart from one diagnosis of phlebitis, the doctors couldn't find anything seriously wrong.

Then, during a February 1989 ski trip with my husband, Sully, and our three children, I noticed that my chest felt sore. Prodding it, I noticed a strange hardness between two of my ribs, as if something were pressing against them. I really began to worry.

Back home in Connecticut, my doctor sent me for a CAT scan and numerous other tests. They revealed a tumor, which the doctor suspected was primary liver cancer—one of the quickest and deadliest forms of the disease. If this was the case, he said, I had two to five months to live. I was inconsolable. How could this be happening to me?

When I told my sister, Holley, the news, she immediately suggested I look into alternative healing methods. This had always been an interest of hers; when my brother died of leukemia sixteen years ago, it was Holley who brought us comfort by asking a psychic to counsel the family. I'd never given these techniques much thought before, but now I couldn't afford to rule anything out.

Holley gave me popular books on homeopathy, psychic healing and visualization. I read them avidly, heartened to see so many stories of seriously ill people who had been helped by means other than drugs or surgery. Maybe there *was* something to this.

But of course I continued to pursue traditional medical treatments as well. Sully and I saw a liver specialist for a second opinion. Dr. Foster told us that if his tests confirmed the presence of cancer, my best hope for survival was an organ transplant. The idea of undergoing such a serious operation was even more terrifying to me than having a fatal disease. Oh please, God, I prayed, let there be another way to get well again.

The day before the tests, Holley took me to her naturopathic doctor—a physician who uses nondrug and nonsurgical treatments. Dr. D'Adamo put me on vitamin and mineral supplements, which he said might shrink the tumor or keep it from growing. I wasn't certain they would work, but in any case, it felt good to be taking some action.

Unfortunately, the additional tests proved for certain that I had the inoperable cancer. Those next few weeks were tough on each of us. Sully began a marathon of calls to experts and friends for information and referrals, all the while worrying about me and trying to keep up at work. *(continued)*



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Adequate and well-controlled studies have not been conducted in pregnant women treated with *Rogaine;* therefore, *Rogaine* should not be administered to pregnant or nursing women. Efficacy in postmenopausal women has not been studied.

Side effects were minimal: only 7% of the men and women tested had itching of the scalp. *Rogaine* is a clear, non-oily liquid you apply directly to your scalp twice a day. It's easy to use and won't interfere with your regular styling.

Anecdotal reports indicate that if you stop using *Rogaine*, you will probably lose the new hair within a few months.

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For a summary of product information, see adjoining page.

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What is ROGAINE?
ROGAINE Topical Solution, discovered and made by The Upjohn Company, is a standardized topical (for use only on the skin) prescription medication proved effective for the long-term treatment of male pattern baldness of the crown and in women for diffuse hair loss or thinning of the frontal areas of the scalp.

ROGAINE is the only topical solution of minoxidil. Minoxidil in tablet form has been used since 1980 to lower blood pressure. The use of *minoxidil tablets* is limited to treatment of patients with severe high blood pressure. When a high enough dose in tablet form is used to lower blood pressure, certain effects that merit your attention may occur. These effects appear to be dose related.

Persons who use ROGAINE Topical Solution have a low level of absorption of minoxidil, much lower than that of persons being treated with *minoxidil tablets* for high blood pressure. Therefore, the likelihood that a person using ROGAINE Topical Solution will develop the effects associated with *minoxidil tablets* is very small. In fact, none of these effects have been directly attributed to ROGAINE in clinical studies.

How soon can I expect results from using ROGAINE?
Studies have shown that the response to treatment with ROGAINE may vary widely.

Some patients receiving ROGAINE may have faster results than others; others may respond with a slower rate of hair growth. You should not expect visible growth in less than 4 months.

If I respond to ROGAINE, what will the hair look like?
If you have very little hair and respond to treatment, your first hair growth may be soft, downy, colorless hair that is barely visible. After further treatment the new hair should be the same color and thickness as the other hair on your scalp. If you start with substantial hair, the new hair should be of the same color and thickness as the rest of your hair.

How long do I need to use ROGAINE?
ROGAINE is a treatment, not a cure. If you respond to treatment, you will need to continue using ROGAINE to maintain or increase hair growth. If you do not begin to show a response to treatment with ROGAINE after a reasonable period of time (at least 4 months or more), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
If you stop using ROGAINE, you will probably shed the new hair within a few months after stopping treatment.

What is the dosage of ROGAINE?
You should apply a 1-mL dose of ROGAINE two times a day, once in the morning and once at night, before bedtime. Each bottle should last about 30 days (1 month). The applicators in each package of ROGAINE are designed to let you apply the correct amount of ROGAINE with each application. *Please refer to the Instructions for Use.*

What if I miss a dose or forget to use ROGAINE?
If you miss one or two daily applications of ROGAINE, you should restart your twice-daily application and return to your usual schedule. You should not attempt to make up for missed applications.

Can I use ROGAINE more than twice a day? Will it work faster?
No. Studies by The Upjohn Company have been carefully conducted to determine the correct amount of ROGAINE to use to obtain the most satisfactory results. More frequent applications or use of larger doses (more than 1 mL twice a day) have not been shown to speed up the process of hair growth and may increase the possibility of side effects.

What are the most common side effects reported in clinical studies with ROGAINE?
Studies of patients using ROGAINE have shown that the most common adverse effects directly attributable to ROGAINE Topical Solution were itching and other skin irritations of the treated area of the scalp. About 7% of patients had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported by patients using ROGAINE or placebo (a similar solution without the active medication).

What are some of the side effects people have reported?
The frequency of side effects listed below was similar, except for dermatologic reactions, in the groups using ROGAINE and placebo. *Respiratory:* bronchitis, upper respiratory infection, sinusitis; *Dermatologic:* irritant or allergic contact dermatitis, eczema, hypertrichosis, erythema, pruritus, dry skin/scalp flaking, exacerbation of hair loss, alopecia; *Gastrointestinal:* diarrhea, nausea, vomiting; *Neurologic:* headache, dizziness, faintness, light-headedness; *Musculoskeletal:* fractures, back pain, tendinitis; *Cardiovascular:* edema, chest pain, blood pressure increases/decreases, palpitation, pulse rate increases/decreases; *Allergic:* nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, sensitivity; *Special Senses:* conjunctivitis, ear infections, vertigo, visual disturbances including decreased visual acuity; *Metabolic-Nutritional:* edema, weight gain; *Urinary Tract:* urinary tract infections, renal calculi, urethritis; *Genital Tract:* prostatitis, epididymitis, sexual dysfunction; *Psychiatric:* anxiety, depression, fatigue; *Hematologic:* lymphadenopathy, thrombocytopenia; *Endocrinologic.*

Individuals who are hypersensitive to minoxidil, propylene glycol, or ethanol must not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes, mucous membranes, or sensitive skin areas. If ROGAINE accidentally gets into these areas, bathe the area with large amounts of cool tap water. Contact your doctor if irritation persists.

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Although serious side effects have not been attributed to ROGAINE in clinical studies, there is a possibility that they could occur because the active ingredient in ROGAINE Topical Solution is the same as in *minoxidil tablets.*

Minoxidil tablets are used to treat high blood pressure. *Minoxidil tablets* lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to retention of fluid and increased heart rate. The following effects have occurred in some patients taking *minoxidil tablets* for high blood pressure:

Increased heart rate: Some patients have reported – a resting heart rate increased by more than 20 beats per minute; rapid weight gain of more than 5 pounds or swelling (edema) of the face, hands, ankles, or stomach area; difficulty in breathing, especially when lying down, a result of an increase in body fluids or fluid around the heart; worsening of, or new onset of, angina pectoris.

When ROGAINE Topical Solution is used on normal skin, very little minoxidil is absorbed, and the possible effects attributed to minoxidil tablets are not expected with the use of ROGAINE. If, however, you experience any of the possible side effects listed, discontinue use of ROGAINE and consult your doctor. Presumably, such effects would be most likely if greater absorption occurred, e.g., because ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in doses higher than would be obtained from topical use in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given *minoxidil tablets* for high blood pressure in effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
Individuals with known or suspected underlying coronary artery disease or the presence of a predisposition to heart failure would be at particular risk if systemic effects (that is, increased heart rate or fluid retention) of minoxidil were to occur. Physicians, and patients with these kinds of underlying diseases, should be conscious of the potential risk of treatment if they choose to use ROGAINE.

ROGAINE should be applied only to the scalp and should not be used on other parts of the body because absorption of minoxidil may be increased and the risk of side effects may become greater. You should not use ROGAINE if your scalp becomes irritated or is sunburned, and you should not use it along with other topical treatment medication on your scalp.

Can individuals with high blood pressure use ROGAINE?
Individuals with hypertension, including those under treatment with antihypertensive agents, can use ROGAINE but should be monitored closely by their doctor. Patients taking guanethidine for high blood pressure should not use ROGAINE.

Should any precautions be followed?
Individuals using ROGAINE should be monitored by their physician 1 month after starting ROGAINE and at least every 6 months thereafter. Discontinue ROGAINE if systemic effects occur.

Do not use it in conjunction with other topical agents such as corticosteroids, retinoids, petrolatum, or agents that enhance percutaneous absorption. ROGAINE is for topical use only. Each milliliter contains 20 mg minoxidil, and accidental ingestion could cause adverse systemic effects.

No carcinogenicity was found with topical application. ROGAINE should not be used by pregnant women or by nursing mothers. The effects on labor and delivery are not known. Efficacy in postmenopausal women has not been studied.

Pediatric use: Safety and effectiveness have not been established under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

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Our older children—Tiffany, nineteen, and Lisa, seventeen—were away at college and boarding school, but they phoned often to comfort me.

Seven-year-old Ben sensed we were upset. We explained to him that my liver was sick but that the doctors were doing everything they could to make it better. As for me, I was difficult to live with, impatient and curt with everyone. Only in the privacy of our bedroom did I dare show my fear as I cried helplessly in Sully's arms.

It's strange how people react in times of crisis. My mother, a practical and traditional woman, did something entirely out of character—she visited a fortune-teller to learn whether there was any hope for me. The seer assured her that there was nothing to worry about, but she emphasized that I had to go to Boston—rather than nearby New Haven—for treatment. My mother didn't tell us about this for fear we would laugh at her. Still, she kept focusing on the thought, "Go to Boston, Brenda."

Oddly enough, I *had* planned to see oncologists and radiologists in New Haven, despite Dr. Foster's insistence that my type of cancer wouldn't respond to chemotherapy or radiation. But as quickly as I made the appointments, I broke them, unable to make a decision.

I also continued my study of alternative medicine by getting information from Exceptional Cancer Patients (ECaP), the New Haven–based support group founded by Bernie S. Siegel. Dr. Siegel, an author and retired pediatric surgeon, teaches the use of meditation and guided imagery—the technique of visualizing desired results—to prepare patients for surgery and the effects of drugs.

Holley sent me some of Dr. Siegel's visualization tapes. I listened to them regularly and learned how to relax, release my troubles and imagine the healing taking place in every cell of my body. For the first time, I truly began to believe that I could help make myself healthy again.

However, I knew that neither guided imagery nor vitamins would be a sure cure for the cancer. Much as I dreaded it, my only real choice was a transplant—and I couldn't delay it any longer. Dr. Foster referred me to Dr. Roger Jenkins and Dr. David Lewis at New England Deaconess Hospital, in Boston, and I was admitted there to undergo the tests that would determine whether I was a good candidate for a transplant. My mother was overjoyed when she heard I was being treated there.

After I left the hospital, I called Greta Woodrew, a psychic healer whose books I'd read. I wanted one last chance to get well without a transplant. If my husband thought this bizarre, he never let on; rather, he encouraged me to do what I thought best.

Over the phone, Greta told me to lie quietly in bed and meditate, then concentrated on trying to "scan" my aura—the electrical field thought by some to surround the human body. When she was done, she said that my aura was strong and that she was certain I would soon be well. I knew she hadn't cured the cancer and that such a phone call might be considered silly, but just knowing she had such powerful faith in my health gave me peace of mind. I felt less anxious about my condition and more ready for whatever lay ahead.

A week later, we learned that I was on the transplant list. That was only one hurdle conquered, though. A liver matching my blood and tissue type might not become available in time; even if one did, my body might reject it or the doctors might discover during surgery that the cancer had spread, making the transplant useless after all.

On April 28, Sully bought a beeper so the hospital could contact us at any hour. We didn't expect to hear from them for a while, so we were stunned when, at six that evening, the phone rang. By the frozen look on Sully's face as he said to the *(continued)*

Thinking yourself well

Can you help heal yourself by using your imagination to think positively? Mainstream physicians no longer find the idea so farfetched. The technique of visualization—also known as guided imagery—is slowly gaining acceptance in the medical community as an effective part of the total treatment for many ills, from colds and asthma to hemophilia and AIDS.

Much of the interest in visualization was generated by cancer patients who used the techniques, and by such best-selling authors as Bernie S. Siegel, M.D., and O. Carl Simonton, M.D. These surgeons cite numerous cases in which their cancer patients were helped or cured after using imagery in addition to conventional treatment. (Imagery is not supposed to be used as a substitute for surgery or drugs.) Several hospitals across the country, including Memorial Sloan-Kettering Cancer Center, in New York, occasionally incorporate imagery into their cancer-care programs.

Although few clinical studies have been done specifically on visualization, research over the past decade strongly suggests that the brain is in constant communication with the immune system—our natural disease fighter. Visualization, proponents argue, is a means of helping the mind to control physiological processes; the resultant stress reduction and heightened immune response are thought to help in recovery.

"I believe it's more than a placebo," says Howard Hall, Psy.D., who uses imagery on the patients he sees in the pediatric psychology department of Cleveland's Rainbow Babies and Childrens Hospital, which is affiliated with Case Western Reserve University. "If you believe that stress can exacerbate a physical condition, then any method you use to relieve that stress may benefit your body as well."

Patients are guided either by a doctor or therapist or by listening to visualization tapes. A typical program begins with relaxation exercises, followed by a period in which the patient imagines the healing process taking place in her body. For example, a cancer patient might see her white cells as good knights killing the disease, or she might fend off the negative side effects of chemotherapy by imagining the medicine washing away the cancer cells without harming the normal ones.

To learn more about visualization, experts suggest the following books: *Love, Medicine and Miracles* and *Peace, Love and Healing*, by Bernie S. Siegel, M.D. (Harper & Row, 1986, 1989); *From Victim to Victor*, by Harold H. Benjamin, Ph.D. (Dell, 1989); *Healing Yourself: A Step-by-Step Program for Better Health Through Imagery*, by Martin Rossman, M.D. (Pocket Books, 1989); and the upcoming *The Healing Journey*, by O. Carl Simonton, M.D. (Bantam Books, May 1992).

For more information on organ transplants and donation, write to UNOS, Dept. LHJ, P.O. Box 13770, Richmond, VA 23225, or call 800-24-DONOR.



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ler, "Tonight?" I could tell it was *the* ws. I was thankful but scared. How uld it happen so soon?

The surgery was scheduled for the llowing morning, so we spent the xt three hours in a frenzy of phone lls to family, friends and our daughrs. I also spent time cuddling with :n and assuring him that everything ›uld be okay. I tried not to think that might never see my family again. ıere was so much I wanted to say to ılly during the long drive to Boston, ıt all I could do was tell him how uch I loved him.

Lying alone in the hospital that night, listened to some of Dr. Siegel's tapes. uided by the instructions, I first took me deep breaths and tried to clear my ind. Then I envisioned myself going inde my body, telling my brain to regulate y heartbeat and slow the flow of blood make the operation easier. Next, I nagined the new liver in place and funconing perfectly, then saw myself whole, ealthy and happy.

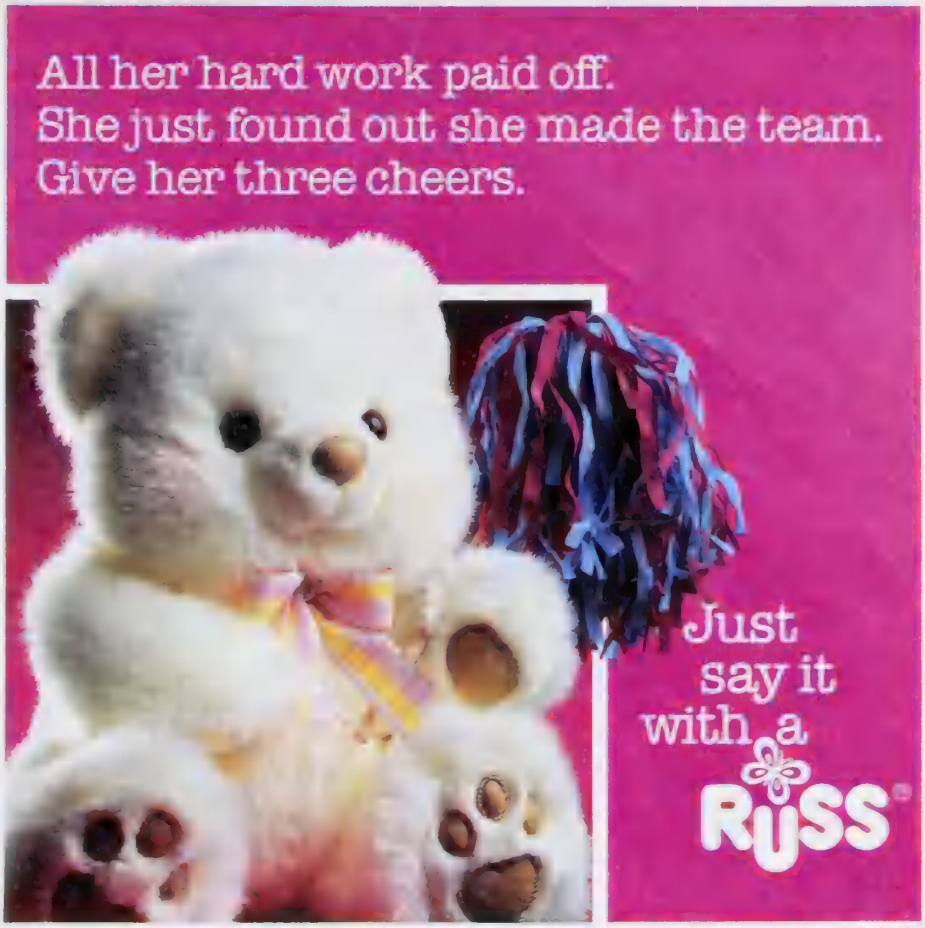
After the tapes ended, I prayed for y doctors and for the young man hose liver donation would give me a cond chance at life. Afterward, I felt sense of inner strength, despite my ervousness.

To my doctors' amazement, I required uch less blood during the transplant an they had anticipated. I wasn't surrised, just pleased; to me, this was proof at the method had some effect.

My first thought as I woke in the reovery room after the eight-hour operaon was: This can't be heaven; there's o music or flowers. When I was more lert, I realized how uncomfortable I as. I couldn't move, and my chest felt s heavy as cement. But I was alive, nd I sensed that I was out of danger. Iy family came to see me soon after urgery. (Holley made friends with me of the other transplant patients, elling them about visualization and aturopathy.)

For the first week or so, I felt so listss and feverish that all I wanted to do as sleep. My body was beginning to rect the liver as if it were a foreign body r a virus—which is normal in the first nonth after surgery. My doctors kept the ondition under control with medicaion, and I never really worried that I ould reject the liver entirely.

I came home three weeks after urgery, but my full recovery took about year. Physically, I had very little ener:y and had to learn to pace myself to void becoming fatigued. The mental reuperation was harder. I was grateful to e alive yet terrified that the cancer ould recur. I couldn't make decisions—even choosing Christmas gifts was hard. But time and the support of my family helped, and my state of mind slowly improved. Now, three years later, you'd never know I'd been sick.



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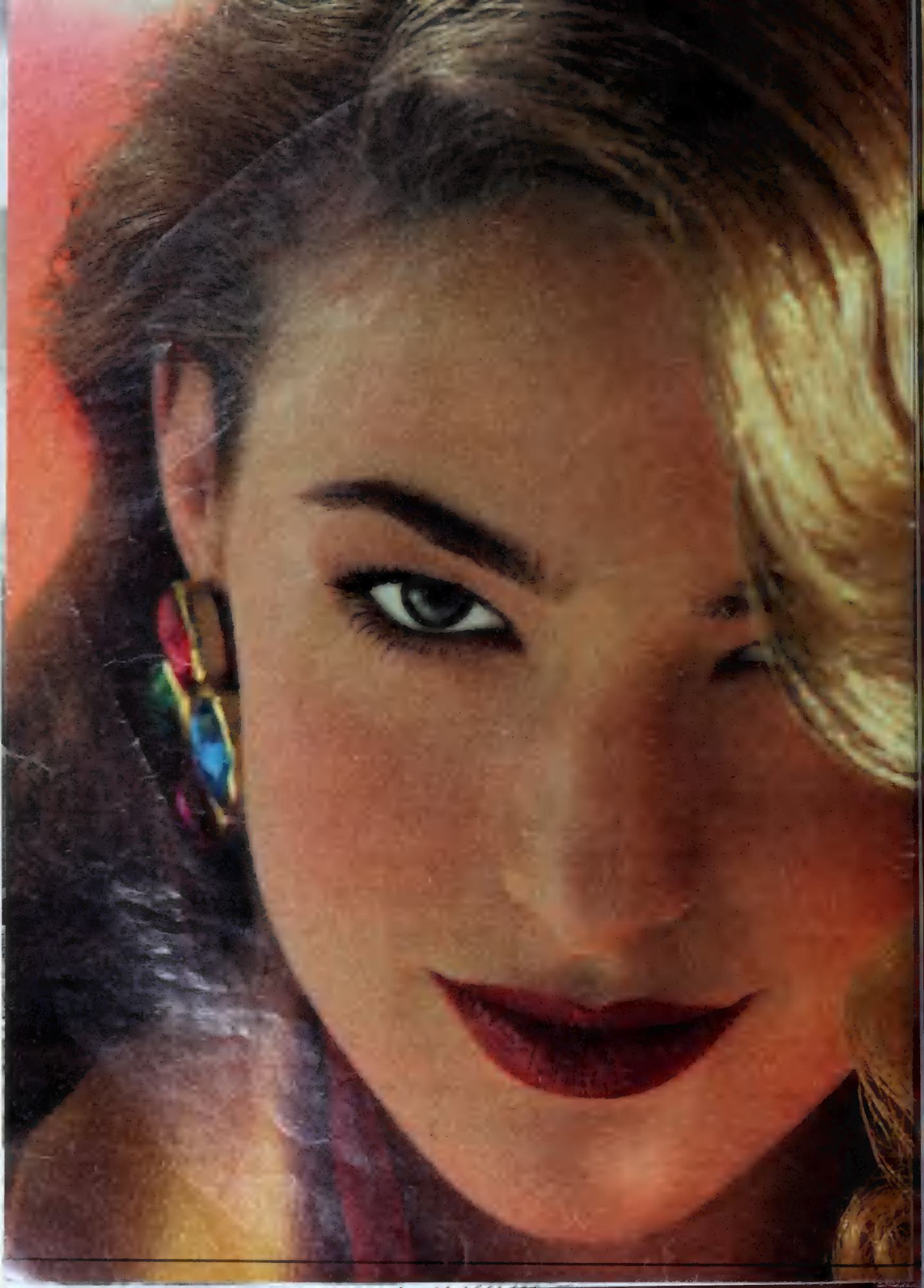
I knew the psychic healer hadn't cured the cancer, but her faith gave me peace of mind.

Although I'll always have to guard against rejection, I should have a normal life expectancy, since the cancer didn't spread. I take my immunosuppressants daily and—with my doctors' approval—see Dr. D'Adamo, the naturopathic physician, every few months for vitamins and other supplements. The results show: Since I began taking the vitamins again, my doctors have been able to lower the dosage of my immunosuppressants several times, and I'll soon be off one of them, prednisone, permanently.

I avoid stress, which could be harmful to my immune system, by practicing the relaxation methods I've learned. I meditate and use guided imagery every day; I see an acupuncturist regularly; and I get a massage every week. I feel this is responsible for much of my continuing good health.

Most of all, I try to live each day with no regrets, and I cherish every moment with my family. We're closer than ever before. Ben and I say, "I love you," ten times a day, and when the girls are home from school, I turn down invitations to go out. I think this experience was God's way of telling me that I needed to appreciate life more.

I'll always be indebted to my surgeons and to the family of the young man who allowed the organ donation. But I'm equally grateful to my dear sister, Holley, who helped me find the inner strength I needed to help in my own healing. I may have been a skeptic before, but I'm a believer now. ■



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Avon reps get new looks, share makeup tips; hottest accessories and more

Makeovers for the makeup pros

EVERYONE WANTS TO LOOK TERRIFIC EVERY DAY, BUT FOR WOMEN IN THE BEAUTY BUSINESS, IT'S PART OF THE JOB. YET SOMETIMES, EVEN MAKEUP EXPERTS CAN BENEFIT FROM A CHANGE OF FACE: HERE, THREE AVON REPRESENTATIVES MEET WITH TOP NEW YORK MAKEUP ARTIST REX FOR GREAT UPDATES

What the pros know

Top tips from Avon reps around the U.S.

■ "Eyebrows frame your eyes and set the expression and mood of your face. When tweezing, alternate from one brow to the other to get an even appearance. Fill in with Avon's Glimmersticks for Brows; use short upward strokes." —Jean Laneri, Phoenix

■ "To keep my lipstick from feathering, I first apply a thin line of concealer on the edge of my upper lip. I also like to use Avon's Crystal Clear Slick Tint before applying lipstick for a softer appearance."—Janis Lefemine, San Diego

■ "I keep my eye gel and moisturizer in the refrigerator and apply them in the morning before my makeup. My skin feels more vital and looks healthier than ever!" —Emma Stanivukovich, Clifton, New Jersey

■ "I never sunbathe anymore, but I love being tan. The sunless tanning lotions always

(continued on page 32)





Tesa Lutz, Avon, Ohio. Jacket and sweater, Ann Taylor; jewelry, Agatha

Tesa's fair skin, dark hair and almond-shaped green eyes form a perfect backdrop for makeup," revealed Rex. His suggestion: Add width to her slim face with deep-gray shadow and same-shade liner, exaggerated at the outer corners; lots of black mascara, and blush on cheek apples from the center of the eye and out. Hair pro Pascal Ghienne for Pierre Michel snipped in short layers that take five minutes to style. Tesa's winning tip? "To keep eye makeup from fading, line eyes with shadow the same shade as your liner. Wet liner pencil. Then line over your shadow line." All makeup, Avon.

Photos, Richard Dillon. Advanced Foundation Pure Care Gentle Liquid in Rosetint Beige; Pure Care Concealer in Light; Translucent Face Powder in Light/Medium; Luxury Eye Lining Pencil in Steel Grey Kohl; Charcoal Grey and Grey Heather from Silk Finish Eye Shadow Quad #7; Pure Care Gentle Mascara for Contact Lens Wearers in Black; Color Release Long-Wearing Blush in Non-Stop Blush; Color Release Lipstick in Advantage Apple; Luxury Lip Lining Pencil in Plum Wine.



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Peggy Grossman, Burke, Virginia. Jacket, Dana Buchman; turtle, Ann Taylor; earrings, Agatha





Patricia Mulvihill, Lake Carmel, New York. Jacket, Ann Taylor; blouse, Equipment; earrings, Antigona

Two more green-eyed beauties: Rex softened Peggy's brows with a light-colored brow pencil and brought her close-set eyes into focus with neutral browns and grays. Soft bronze blush warmed her pale skin. Pascal gave Peggy a blunt cut for sleek chic. Rex's R_x for Patricia: Play up catlike eyes by extending kohl liner and neutral shadows up and out. Pascal cut off four inches and blow-dried hair smooth. Peggy's winning tip: "Layer powder blush over cream blush. When the powder fades, the cream takes over." Patricia's smart advice: "When favorite lipsticks wear down, scrape out the tubes and transfer to a small paintbox. Use a lipbrush to apply; layer several for artistic flair." Terrific! All makeup, Avon.

Photos, Richard Dillon. On Peggy: Advanced Foundation Enhancing Liquid in Warmest Beige; Luxury Lip Lining Pencil in Coral Berry; Glimmersticks Lip Coloring Pencil in Crown Jewel Coral; Velvet Feel Blushing Creme in Blushing Bronze; Color Release Long-Wearing Blush in Persistent Cinnamon; Glimmersticks for Brows in Tawny; Advanced Wear Waterproof Mascara in Brown Black; Silk Finish Eyeshadow Duo #10 in Warm Brown/True Taupe. On Patricia: Advanced Foundation Pure Care Gentle Liquid in Almond Beige; Translucent Face Powder in Light; Pure Care Concealer in Light; Eyeshadow Single in Honey Brown; Luxury Eye Lining Pencil in Chocolate Kohl; Natural Radiance Powder Blush Single in Perfect Peach and Cashmere Rose (used as shader); Color Rich Lipstick in Mulberry Mauve; Luxury Lip Lining Pencil in Rich Red; Model Perfect Mascara in Black.

(continued from page 29)

looked so unnatural until I started spraying on Avon's Skin So Soft Bath Oil first. My tan goes on smoothly and evenly."—Greta Walden, Broken Arrow, Oklahoma

■ "Before applying lipstick, I apply two coats of concealer, lightly dust my lips with powder and line with lip liner. I then apply lipstick and set it with an ice cube. By using the layering and setting techniques, the color stays true, and my lipstick lasts for hours."—Pat Mann, Conyers, Georgia

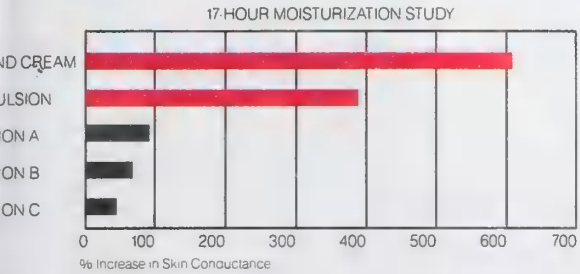
■ "It's been my curse in life to be plagued with ugly dark circles under my eyes. After becoming an Avon representative, I discovered that Avon's Zippy Peach blush, dusted over a medium concealer, gives me all-day natural coverage."—Theresa Blevins, Flatwoods, Kentucky

■ "In my quest to create the appearance of slightly darker eyebrows that would not look artificial with my light blond hair, I discovered that a small amount of very light brown eyeshadow, applied and blended with the tip of the applicator right below the brow line, gives a subtle, natural highlight to my brows."—Susan S. Murray, Milton, Massachusetts

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Pale blonding

Pastel blond is all the rage, according to the country's top colorists. "I see more blonds than ever," says Beth Minardi, of New York's Minardi Minardi Salon. "Going blond has nothing to do with your natural haircolor. It has more to do with your skin color, eye color and personality." To be your blond best, however, you must choose the right shade. If your skin tone is warm, opt for a golden shade; if your skin tone is cool ivory or light olive, choose a beige blond or platinum. Remember, too, that you must be willing to spend an hour and a half in the salon every three to four weeks for touch-ups, be committed to a strict conditioning regimen and forgo a perm. Two products to make going very blond a breeze: Clairol Ultimate Blonde and les Blondissimes by L'Oréal.

In the bag

SPRING'S HAUTE TOTES GO FROM CLASSIC KELLY TO STREET CHIC IN SHAPES AND COLORS TO CARRY OFF WITH CONFIDENCE



● Anne Klein A-Line shoulder bag makes a bold statement in bright yellow vinyl, in the season's trendy trapezoid shape. $85.

● Koret's red-hot croc-embossed patent-leather tote is a super everyday carryall. $70.



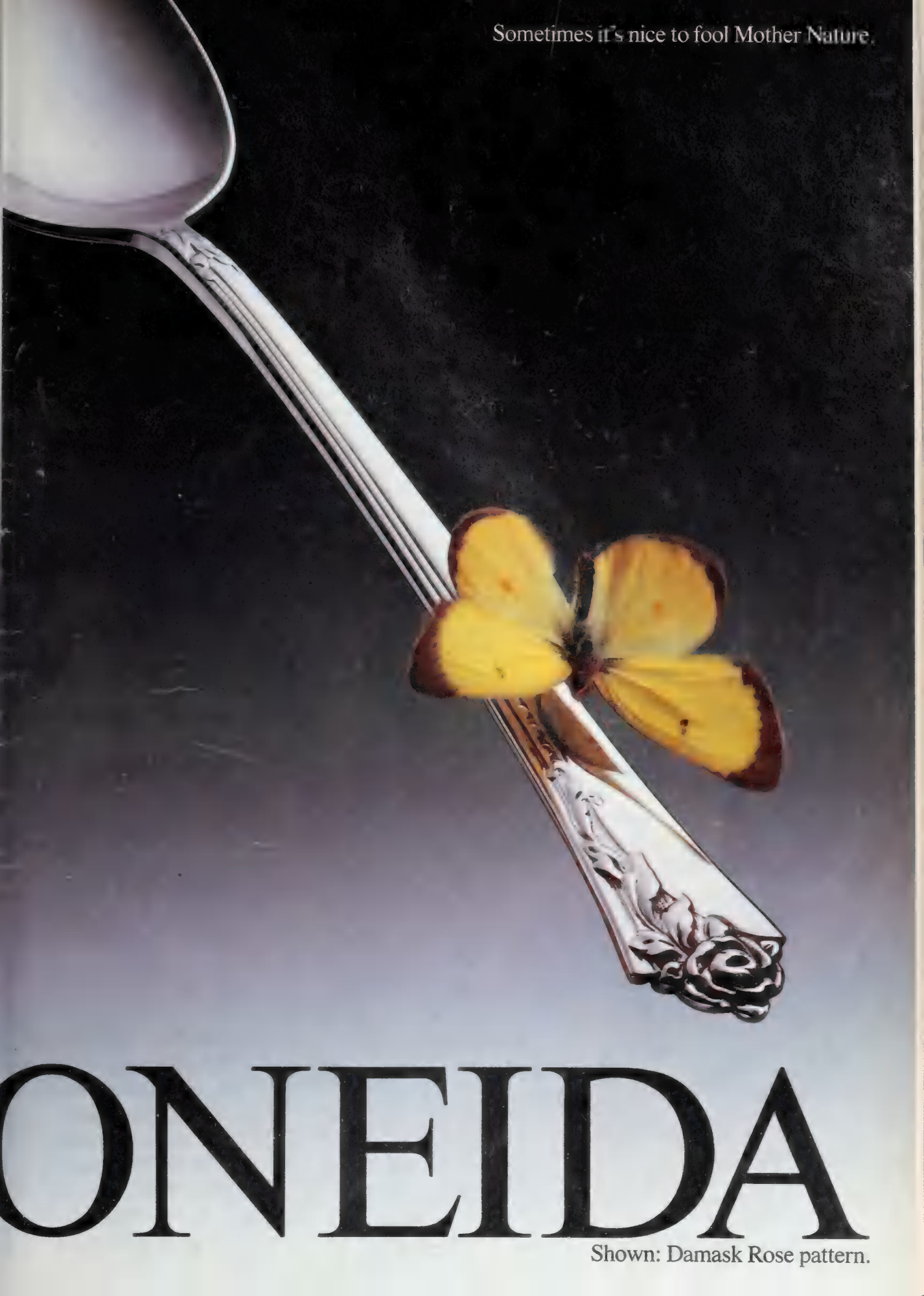


● Inspired by the classic Kelly bag, Koret's structured bag is splashy in black and yellow. Very French, very elegant, ideal year-round. $85.

● The best-looking bike bag around is by La Bagagerie. It's stylish plaid, holds the essentials, is perfect for weekends. $100. Ann Taylor's sixties-influenced handbag offers day-to-dinner versatility. In quilted cotton faille, with new-again round handles. $78.

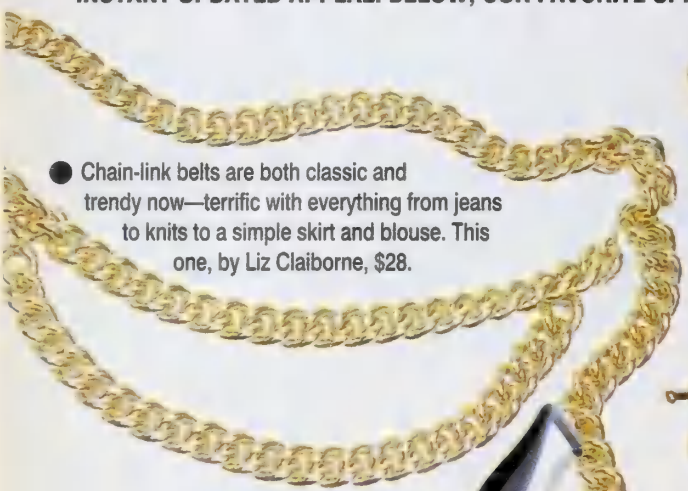





Sometimes it's nice to fool Mother Nature.
ONEIDA
Shown: Damask Rose pattern.

Status faux

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● Chain-link belts are both classic and trendy now—terrific with everything from jeans to knits to a simple skirt and blouse. This one, by Liz Claiborne, $28.



● Also in the chain gang are bracelets—links look new in multiples. The T-bar closures and the flat-link chain are by Agatha. Erwin Pearl's gold and leather is so Chanel. From left, $36, $56, $36, $35.



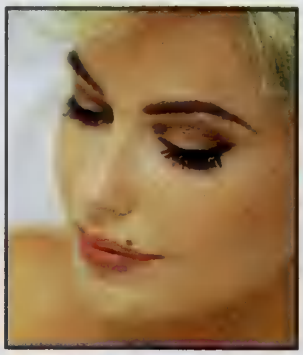
● Shades of things to come: Sexy black sunglasses offer glamour and year-round appeal. Donna Karan New York Eyewear, $170.



● The new headset: Narrow dark silk hairbands adorned with a flower have replaced last year's wide bands. Eve Reid, $45, $50.



● Trifari's chain belt is a bit dressier with a pearl clasp. It also doubles as a necklace. $60.



Rx for winter skin

Nearly everyone—no matter what her skin type—has to deal with a dry, flaky complexion in cold, windy weather. So we asked Ellen Gendler, M.D., clinical assistant professor of dermatology at New York University Medical Center, for some smooth moves:

- **Minimize exposure to dry heat (like central heating), and avoid sitting with your face close to a fireplace.**
- **Use a humidifier whenever possible.**
- **Avoid excessive face washing and any alcohol-based toners or astringents.**
- **Use a mild cleansing gel or cream to wash your face. We like L'Oréal Plénitude Hydrating Cleansing Cream with Lipo-Protein.**
- **Most important of all: Rely on a moisturizer that contains a humectant, such as Physicians Formula Intensive Therapy Moisture Cream, Oil of Olay Sensitive Skin Moisture Replenishing Cream.**


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"WHEN I SEE MY EX-HUSBAND, I HAVE THIS SECRET TRICK I PLAY ON HIM..."

by Leslie McClennahan

Did you ever notice that when you're fat, men don't look you in the eye? They look across your shoulder. There's no eye contact.

My name is Leslie McClennahan. I'm a real person. I live near Goose Creek, South Carolina. Up until two years ago, I was never looked in the eye. By anyone.

I was too tired to be a lover to my husband. I was falling asleep by 8 o'clock most evenings. When I did go out for an evening, my husband was ashamed of me. And said so to my face. When I walked, my thighs brushed together. I couldn't even cross my legs. I was fat. Not just "overweight." Fat. I was 5'5" tall and weighed 205 pounds.

About 18 months ago, my husband Darrell left a "Dear Leslie" letter on my dresser. And filed for divorce.

I went for counseling. I knew that my weight was the source of my troubles. But I'd tried 14 different diets. One by one. And I failed at all of them.

My counselor listened carefully and recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians—specialists who treat the severely obese. The program itself was developed by Robert Johnson, M.D. of Charleston, South Carolina.

I entered the program on October 2nd. Within the first four days, I lost only three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 193 days, I went from 205 pounds to 124 pounds. To me it was a miracle. This was the first time in my life I'd ever lost weight *and kept it off!*

The reason the program worked was simple. I was *always* eating. I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching T.V.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long... a complete 24-hour fat-reduction cycle. Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces—plus your favorite snacks. Even some light wine or beer if you wish.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, The Charleston Program has been used by 207 doctors in the U.S. and Canada to treat more than 62,500 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too...

- ▷ There are no amphetamines. No drugs of any kind.
- ▷ No pills. No powders. No chalky tasting drinks to mix.
- ▷ There's no strenuous exercise program.
- ▷ You don't count calories. Just follow the program. It's easy.
- ▷ There are no daily charts or records to keep.
- ▷ You eat foods you enjoy. Great variety. Great taste.
- ▷ You can dine out.
- ▷ There's much less fluid retention.
- ▷ There's no ketosis. No bad breath odor.

But *here's* the best part...

Once you lose the weight, you'll *keep it off*. Permanently! I guarantee it!

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Charleston Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some *other patients* from South Carolina who entered Dr. Johnson's program with me.

Marie C. is a 42-year-old woman who went from 167 to 139 pounds in just three and a half months.

> *As I got into the program, I began to feel better, to develop more energy. Now my husband has trouble keeping up with me—in every way! I'm proud of my new body.*

Dr. Karl D. is a 36-year-old man who went from 275 to 145 in only *six months*!

> *...words cannot describe how good I feel. I'm not hungry or tired at all. I feel alive again!*

Fran H. is a 52-year-old woman who went from 223 to 135 in five months.

> *The world treats you differently when you're fat... not just the social world, but the business world. My whole world has changed since getting those 88 pounds off!*

Josette C. is a 33-year-old woman who went from 165 to 119 in four months.

> *My husband has started looking at me the way he did before we got married. He's starting to show jealousy when other men look at me or want to talk to me... it's wonderful.*

And then there's *me*.

Whenever I see my ex-husband, I have this secret trick I play on him. I know a restaurant where he goes with some of his "buddies." I love to go there with a date—I have plenty now—stroll past his table and whisper, "Hello, Darrell."

I know through the "grapevine" that his friends often ask about me... Who am I? Am I single? And he has to tell them. I love it.

Obviously I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Johnson has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 35 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even post date it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days—and continue losing weight—we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Charleston Program, c/o Green Tree Press, Inc., Dept. 21, 3603 West 12th Street, Erie, Pa. 16505.

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Sculptures shown much smaller than actual size (Joseph 7¾" high). The Nativity creche will be included at no additional charge.

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what's HOT

LHJ's follow-up on current news, views and who's whos



The women of "Evening Shade"

The female stars of the hit series *Evening Shade* are as different as—well, evening and day. On the wild side, there's outspoken Southern belle Freida Evans, played by Elizabeth Ashley; on the sober side there's her niece Ava Evans Newton, the superwoman and mother of three, portrayed by Marilu Henner.

Bringing both these Shade-y ladies to life is series creator Linda Bloodworth-Thomason, who also introduced those *Designing Women* to TV. And all these smart, sassy females could be kin to the attractive forty-four-year-old executive producer/writer, who has been married to executive producer/director Harry Thomason for eight years. As she tells it, her characters are based on folks she knew while growing up in the tiny Ozark town of Poplar Bluff, Missouri.

On *Evening Shade*, there's Ava's husband, Wood Newton (Burt Reynolds), a high school football coach whose team never wins; her crusty publisher father (Hal Holbrook) and his exotic girlfriend, stripper Fontana Beausoleil (Linda Gehringer). But perhaps the most vivid character is Freida, based on Linda's Aunt Helen, who "spoke her mind all over town, in a booming voice, and didn't care who she insulted."

Talk about typecasting. When actress Elizabeth Ashley enters the dressing room, her smoky voice precedes her, complaining pungently about the too-small jacket she has to wear in an upcoming scene.

"I'm falling out of the ——thing!" growls the fifty-two-year-old actress. Ever the trouper, she tugs at the lapels tighter, lights a cigarette and pours a glass of wine.

"I hope that little exhibition didn't offend you," she says. "I've been told to watch my language, but it's a skill I've never learned. Back home in Louisiana, it's considered bad form to mince words." Her eyes narrow, and she smiles wickedly. "Conversation should be a blood sport, don't you think?"

It's a sport she plays well. Ashley's self-propelled dialogue is more than a stream of consciousness, and the tide doesn't stem when talking about her thirty-plus-year career, which runs the gamut from stage roles (she won a Tony at twenty-three) to film to an autobiography, *Actress: Postcards from the Road*. Her personal life—which includes marriages to James Farentino and George Peppard—is equally colorful.

She drops hints about drugs, football teams and rock-and-rollers, but refuses to elaborate "until the statute of limitations runs out. Honey," she says, "I was a sinner, but thank *God*, I put my youth to good use!

"The truly wonderful thing about wringing every drop of life out of my teens, twenties and thirties is that no one ever embraced middle age *(continued)*

Who's that ghoul?

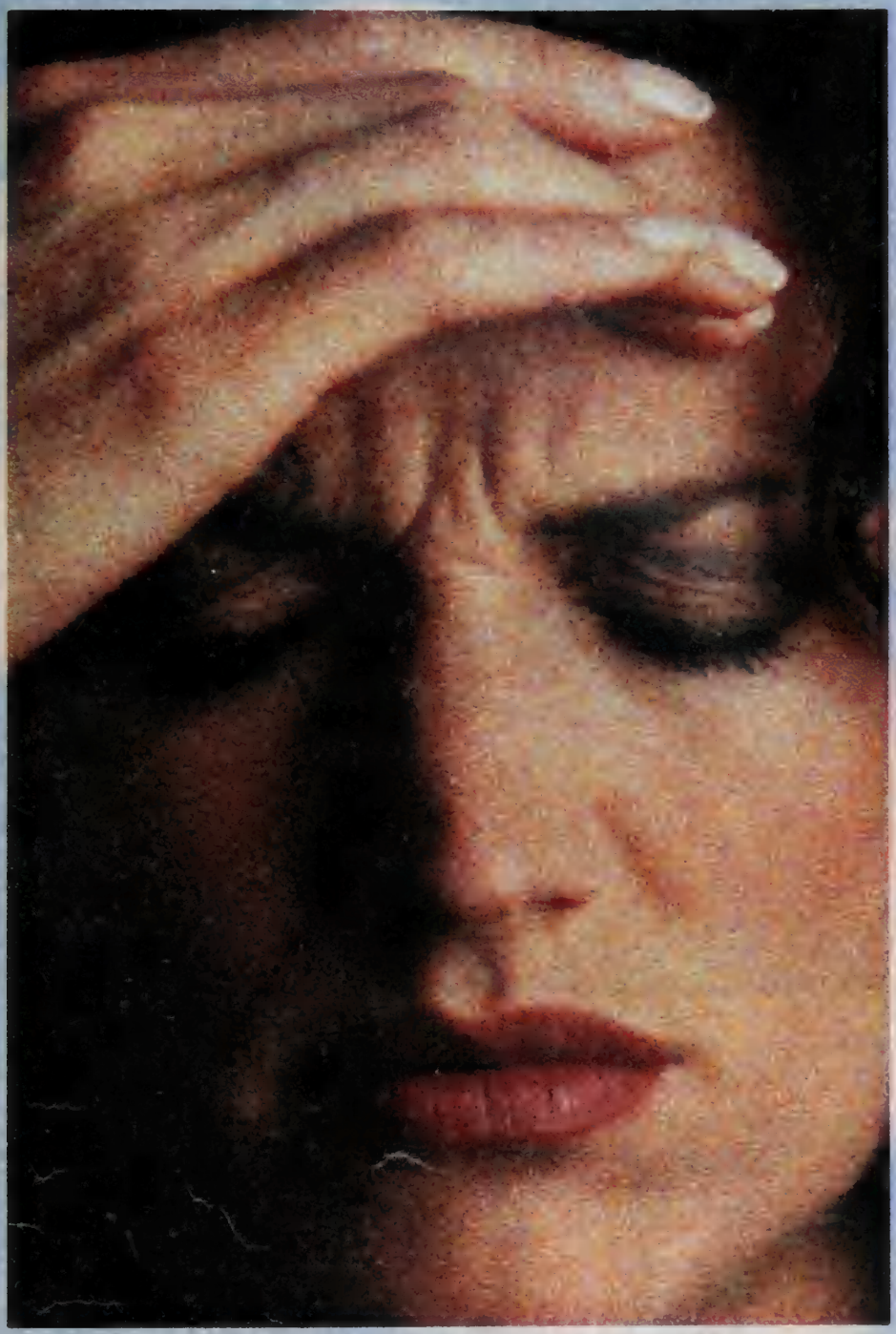
Twelve-year-old Christina Ricci first found fame as Cher's daughter in *Mermaids*. Most recently, as the wickedly winsome Wednesday in the hit movie *The Addams Family*, she has gotten used to signing autographs—even without the help of her handy old pal, Thing.

At home in suburban New Jersey, Christina, the youngest of four children, still plays halfback on a soccer team and rides bikes with friends. The seventh grader does dis-



play some of her film family's deadpan humor, however. The best part about making the movie? "I got to do a lot of things I normally wouldn't have gotten to do—like electrocute my brother." Uh-huh. —MELANIE BERGER

OK, SO I'M NOT THE FIRST PERSON TO GET A TOUGH HEADACHE. BUT IT'S MY HEADACHE."



Only I can understand my headache. It's my pain and nobody else's. But I just found a new brand of medicine that works for me. For my tough headache. It's called Excedrin IB. I guess I shouldn't be surprised. After all, it's from those headache experts, the makers of Excedrin.

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One new Excedrin IB is 200 milligrams of ibuprofen—strong medicine to kick the ache out of my headache. No wonder doctors recommend ibuprofen for pain. Now it may not work for you. But new Excedrin IB worked for me. For my tough headache.



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(continued) more than me. And now I'm *delighted* to be an utter loner." She says son Christian, twenty-three, is the only man in her life, and she prefers it that way.

"Until someone can show me some life that I have not experienced to the max, I'm content to watch life go by. Read good books. Think. Daydream. Cook *hot* food."

And do *Evening Shade*.

MARILU HENNER: HER DAY IN THE SUN

Seated in her dressing room—which, like Ashley's, has been decorated by Burt Reynolds with hand-picked photos of Hollywood's great leading men of the past—Marilu Henner is as low-key as Ashley is manic.

"I *am* composed, aren't I?" says the beautiful thirty-seven-year-old, half-apologizing lest the interviewer find her boring. "But I'm happy." And she has every reason to be. After starring in two Broadway plays, including *Grease*, she began a five-year stint as Elaine Nardo on the hit series





Night lights: Elizabeth Ashley (top) and Marilu Henner keep things bright on *Evening Shade*

Taxi, after which she focused a successful film career, with roles opposite John Travolta, Michael Keaton and Burt Reynolds.

What, then, is she doing back on TV? She admits, "I hadn't wanted to do another series unless lightning struck twice with an ensemble like I had on *Taxi*, but Burt and Linda pulled one together."

Personally, Marilu says, her life is also "a dream." After nearly two years of marriage to film director Rob Lieberman, she says, "I was once married briefly, and it was something I never wanted to do again. But Rob worked on me for five years, and I finally gave in. It was the best decision I ever made because—I know this sounds corny, but it's true—he really did become my best friend."

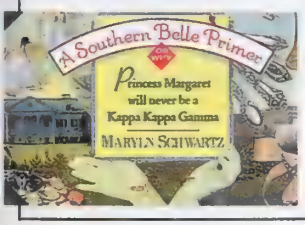
As for other plans, now that she's been pregnant and has given birth to baby Emily on the series, she and Rob are also working on having their own first child—working so diligently, in fact, that another baby may need to be scripted into the storyline next season.

How does Henner feel about the other actors on *Evening Shade*? "Burt is a doll," she coos. "He's just so cute." As for the other women, she says they've formed "an earthy, outspoken sorority."

—JEFF ROVIN

Honorary Southern Belles

You don't have to be Southern or even female to be a belle, says author Maryln Schwartz. Here are ten of her nominees





❶ Elizabeth Taylor (but never Joan Collins) ❷ Diana Ross (a Southern belle's dream is to be the supreme Supreme) ❸ The Queen Mum of England (but no other member of the Royal Family) ❹ The McGuire Sisters (their hairdos alone would get them a nomination) ❺ Barbara Walters (just note how she gushes while delivering the sugar-coated poison question) ❻ Ava Gabor (but never Zsa Zsa. A Southern belle would never slap a policeman—she'd drown him with praise.) ❼ Marie Antoinette (Who else but a belle would let them eat cake?) ❽ Martha Stewart (her table settings are the envy of every belle) ❾ George Hamilton ❿ Willard Scott

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1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding.
1 tub (8 oz.) COOL-WHIP® Whipped Topping, thawed.
1 package (12 oz.) vanilla wafers, crushed.
8-10 (7 oz.) plastic cups.
SUGGESTED DECORATIONS: miniature umbrellas, gummy sea shells, worms and sharks, candy stars, chopped peanuts.

POUR milk into large bowl. Add pudding mix. Beat with whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.

STIR in whipped topping and half of crushed cookies.

PLACE 1 tablespoon crushed cookies into cups. Fill cups ¾ full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate.

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what's HOT

UNSOLVED *mysteries*

The case of the missing judge

Unsolved Mysteries may be one of the few TV shows that is as public-spirited as it is popular. In the past three and a half years, the show has covered four hundred cases; 25 percent have been solved. This broadcast "Wanted" poster, which asks viewers to play real-life detective, sometimes gets results within hours of its airing. (To read about a case *LHJ* and *Unsolved* cracked, see "Editor's journal," page 10.)

Where do the producers find these tantalizing tales? Twelve staff researchers comb newspapers and wire services to uncover stories from around the country—everything from murders to U.F.O. sightings to missing persons. Sometimes they even hear about cases from frustrated police and stumped investigators who hope the national exposure will provide new leads.

Still, some mysteries remain. Here is one that particularly haunts the producers of *Unsolved Mysteries*, the case of the missing judge.



IF YOU HAVE ANY INFORMATION ABOUT THIS CASE, PLEASE CONTACT YOUR LOCAL FBI OR THE NEW HAMPSHIRE STATE POLICE AT 603-271-3636, OR CALL *UNSOLVED MYSTERIES* AT 800-876-5353

For years, Judge John Fairbanks was one of the most respected citizens of Newport, New Hampshire, a place where strangers and secrets are few and far between. But, it seems, Fairbanks, also a lawyer who specialized in wills and estates, did have a secret: Investigators believe he may have stolen over $10 million from his friends a neighbors. Little did they know that the m entrusted with their assets was alleged robbing them blind—Fairbanks, it seem stole $500,000 from his three sisters.

Patricia Sawyer, seventy-nine, is one Fairbanks's many apparent victims. August 1987, while supposedly making inventory of her stock he allegedly transferr more than half of her a sets into his personal a count and used the re for his own investme purposes. All told, s lost more than $1 millio "I'm existing on some the money I saved," s laments, "but that's n going to last forev Don't ask me what I gonna do—it makes n sick to death."

Fairbanks's crimes fi came to the attention the state attorney gen al's office in Janua 1989, when John Tweed a resident of a nearby tow accused him of steali funds meant for Tweed schizophrenic brother. the end of the year, grand jury handed down four indictmen against Fairbanks, charging he stole $1.8 m lion. That same day, he disappeared—a no one has seen or heard from him since.

"He's got to be living somewhere," sists Stuart Schwartz, supervising produ er of *Unsolved Mysteries*. Perhaps in yo community. —M.

SAMMY'S SNACK SAVES THE DAY.

MARCH

Sammy and Watson hate

larch. It's not cold enough

r snow.



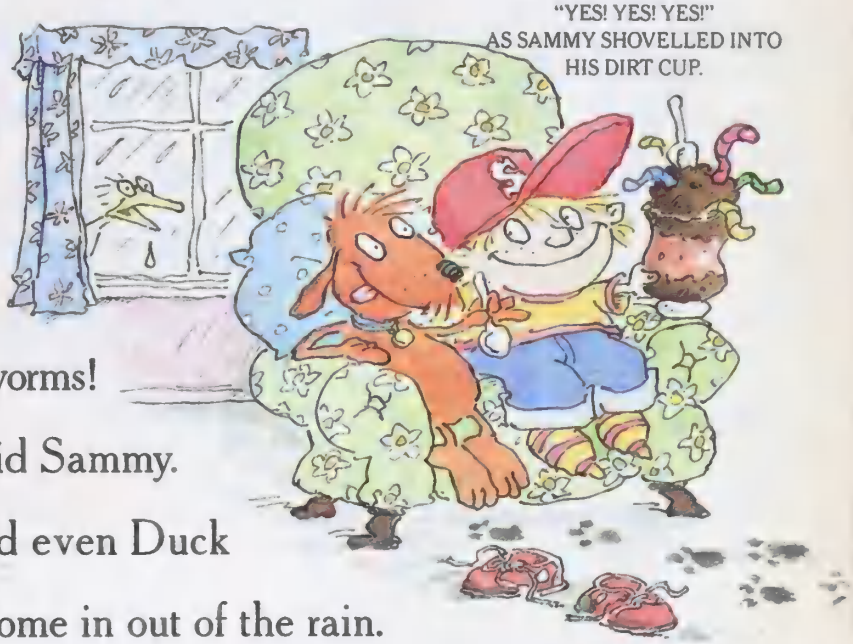
And it's not hot enough for the beach. In fact, all it ever does is rain. Which might be great weather for ducks. But it means Sammy and Watson can't even go out and play in the dirt. Mom surprised them though.



f you can't play in the dirt" she said "why not eat it instead?" And then she hipped up a "Dirt Cup" with Jell-O® pudding. She even topped it off with gummy worms!



"Awesome" said Sammy. Woof-woof" said Watson. And even Duck wanted to come in out of the rain.





DIRT CUPS

2 cups cold milk.
1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding.
1 tub (8 oz.) COOL-WHIP® Whipped Topping, thawed.
1 package (16 oz.) chocolate sandwich cookies, crushed.
8-10 (7 oz.) plastic cups.
SUGGESTED DECORATIONS: gummy worms & frogs, candy flowers, chopped peanuts.

POUR milk into large bowl. Add pudding mix. Beat with whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.

STIR in whipped topping and half of crushed cookies. PLACE 1 tablespoon crushed cookies into cups. Fill cups ¾ full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate.



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Now you can have your fun and eat it too!

parents' Journal

Easing the trauma of divorce on kids . . . morning glory . . . tax breaks

Broken ties

Five ways to help kids cope with divorce





Every year, more than one million youngsters in the U.S. suffer through their parents' divorce. If those rates continue, experts predict that by the year 2000, half of the adults in this country will have been part of a single-parent home. And as a spate of recent studies has shown, unless their parents learn what to do right now, these adult children of divorce will have plenty of problems.

Contrary to popular wisdom, older children do not handle divorce better than younger ones. In fact, children eight through the teen years seem to feel the effects most keenly. And the longer you delay, the longer you expose children to an unhappy marriage—which may well make it more difficult for them to sustain a healthy relationship of their own later on.

"The idea that divorce is crippling to kids has caused countless couples to hold on to miserable marriages," says Antoinette Saunders, Ph.D., clinical executive director of the Chicago-based Capable Kids Counseling Centers. "I can't tell you how many of those kids—teens and older—now tell me, 'I wish my parents had gotten divorced back then.' "

"Divorce is not life threatening, but it can threaten a child's life," adds Suzy Yehl Marta, co-founder and national executive director of Rainbows for All God's Children, Inc., a nonprofit international support group for children and adolescents in single-parent homes. "Kids don't know [things] will get better. We need to teach our children to grieve appropriately for their changing family. Then they will be able to get on with the business of being a child. They'll not only be fine at five, they'll be fine at thirty-five."

Clearly, most divorcing parents want to do the best for the kids; they just don't know how. "Not all children of divorce are going to end up damaged," says Marta. "But certainly they are all at risk." Based on the *(continued)*

By Mary Mohler and Margery D. Rosen

kidspeak

When my brother's five-year-old daughter came to visit, she showed me just how out of it I am. On seeing my new grand piano, she squealed, "Oooh, a piano! How do you turn it on?"

—Barbara Seaborn Martinez, GA

In an attempt to make a snack of animal cookies "educational," my mother told the children they had to name the animal before they could eat it. My four-year-old nephew looked his cookie over, proclaimed, "Larry!" and gobbled it up.

—Sherry Brill Burlington, Ontario Canada

My four-year-old grandson, Michael, went to the front of the church for the children's sermon. When the minister asked, "What do you have to do to go to Heaven?" Michael piped up, "Be dead!"

—Norma Scroggin Bristow, IA

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ANSWERS: F T T F

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(continued) latest research, here's what parents can do to lessen the trauma.

BEFORE YOU SEPARATE, PREPARE THE KIDS

"As soon as a marriage is struggling and in pain, children should be made aware of the situation," advises Marta. "Children know what's going on. Tell them: 'We're having some problems, and we're trying to work them out.' Ideally, this conversation should include both Mom and Dad. The worst thing you can do is wait until the very end, thinking you'll spare them the anguish, and then announce, 'Daddy is moving out on Saturday.' "

Once the decision has been made, explain what's going to happen and why in a way each child can understand. Be honest about the sadness and the hurt. Put yourself in your child's shoes and ask, How's this going to sound? Don't say to a four-year-old, for example, "We don't love each other anymore," says Marta. "Your child may worry that you could stop loving him, too."



And don't be surprised if children don't react right away to the news; denial is a normal part of the grieving process, and, after all, "divorce is the death of a marriage," says Marta.

REASSURE THEM THAT THEY DID NOTHING TO CAUSE THE BREAKUP

"Ninety-five percent of the children I work with are convinced they are responsible for their parents' divorce," says Marta. And for years afterward they sustain the hope that their parents will get back together.

"Tell your kids often that they didn't cause this problem and can't not fix it either," advises Marta. But they can help in other ways. If they are old enough, ask for their suggestions about how to handle the new family situation. Then try to incorporate their ideas into the family plans. Most of all, make it clear that people love in different ways; for example, the love that a parent feels toward a child is different from the love she feels toward her spouse. Marta suggests you tell them, "We're divorcing each other, but we're not divorcing you."

DON'T BATTLE OVER CUSTODY

The most detrimental thing you can do to your child is to place her in the middle of your battle.

The best approach is to settle the situation as quickly as you can. "Once children enter the picture, there's a blood tie. You and your ex-spouse are connected for the rest of your lives. You'd better make the best of it," says Constance R. Ahrons, Ph.D., *(continued)*

TAX BREAK FOR WORKING FAMILIES

Thanks to the child-care bill passed in late 1990 by Congress, many low- and moderate-income families with children will receive substantial tax assistance come April. If your family income is up to $21,250, you may be eligible for the following Expanded Earned Income Credit (credits, as opposed to deductions are subtracted from your total tax bill): ■ An expanded basic credit worth up to $1,192 for families with one child and $1,235 for those with two or more children. ■ An extra credit of up to $357 for those with a child under one. ■ A Health Insurance Credit worth up to $428 for those who pay premiums for a health insurance policy that covers a child.

While you can still claim the Child and Dependent Care Credit, just how much depends on a variety of situations—and it can be confusing. For more information, send a stamped, self-addressed envelope to the National Women's Law Center, Dept. L, 1616 P Street, N.W., Suite 100, Washington, D.C. 20036.


Joey was here.
Susie was here.
Dad was here.
Aunt Betty was here.
Grandpa Lester was here.
ARE FAMILY GATHERINGS MAKING YOU SICK?
Don't inherit the family germs. Drink from a fresh Dixie cup.
DIXIE
BATHROOM CUPS

(continued) a family therapist and sociologist at the University of Southern California and co-author of *Divorced Families: Meeting the Challenge of Divorce and Remarriage* (Norton, 1987). The most successful co-parenting arrangements are based on a respectful, considerate relationship. You don't have to sing the praises of your ex-spouse, but you should avoid open warfare or sarcastic remarks. Of course, sooner or later a child will ask, "If Dad is such a great guy, why did you two split up?" "That's a tough one," notes Saunders. "The best advice is simple honesty: 'He's a great guy, but we weren't great together.' "

GIVE THEM PERMISSION TO EXPRESS FEELINGS

Expressing feelings is an important part of the healing process. Are they feeling guilty, angry, embarrassed? Let them know it's okay to cry, and allow them to see you cry, but spare them your most hysterical, furious moments. Give them the words they need to express emotions—if a child seems to ignore the conversation at first, drop it and pick it up again later. Let them talk about the absent parent, even though you probably don't want to hear it.

One technique that works, says Janine Roberts, Ed.D., a professor of family therapy at the University of Massachusetts, is to encourage children to draw pictures or write about the divorce. That way, you may be able to help them pinpoint problems and coping strategies. And, as they show their book to others, a dialogue starts. "Children realize they do have control over their lives," says Roberts.

ADAPT FAMILY RELATIONSHIPS AND RITUALS TO CHANGING NEEDS

Children of divorce should not lose contact with their extended family. In fact, relatives can provide stability in a time of change. But if they're hostile instead of supportive, nurture other consistent relationships in a child's life: with a babysitter, a favorite teacher, a big brother or sister.

The small rituals of daily life can also be important anchors, and any disruption in the schedule can be upsetting. If you used to walk your son to school and help him hang up his coat but now can't because you have to be at the office, can you manage it two days a week? Once a week? Many divorced families also tend to skip meals, eat more fast food or grab a bite in front of the TV. "Change the eating arrangements, remove the empty chair, but don't sacrifice family togetherness." Roberts says. —M.R.

How would you handle it?

HOW DO YOU GET YOUR KIDS UP AND OUT—AS PAINLESSLY AS POSSIBLE—IN THE MORNING? (AND FOR SOME GREAT BREAKFAST IDEAS, SEE PAGE 147.)

■ CAROLYN SCHAMBER

Thirty-two, factory worker, Cabool, MO; two children, fifteen and twelve

I stopped battling with my daughter over what she should eat for breakfast. My son had always eaten the traditional oatmeal, eggs, muffins, and so on. But my daughter is not a breakfast person. She might want peanut butter and jelly one day, or even leftover lasagne or spaghetti. I used to be horrified. But now I say, as long as she's not eating cookies or cake, what's the difference?



Carolyn Schamber, Irene Rosenfeld, Susan Orlins

■ IRENE ROSENFELD

Thirty-eight, food-company executive, Briarcliff Manor, NY; two daughters, nine and five

At a business meeting last year, a speaker suggested that one way to get control of the day was to get up an hour earlier. I tried it—and when my eight-year-old realized I was getting up, she wanted to join me. Now we both get up at 6:15 and spend about half an hour together, sometimes just talking while we're still in our nightgowns, sometimes taking a walk around the neighborhood.

■ SUSAN FISHMAN ORLINS

Forty-six, homemaker, New York City; three children, nine, five, four

I made a rule that has helped enormously: No one can have breakfast until she is completely dressed—and that means shoes and socks on and hair combed, backpacks by the door. The only thing that's left to do after breakfast is to brush teeth. I figure they can always walk to school with a bagel in hand if necessary, but they can't go out without their shoes on.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and ages of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, N.Y. 10017. We'll keep the information on file and call a few of you each month.

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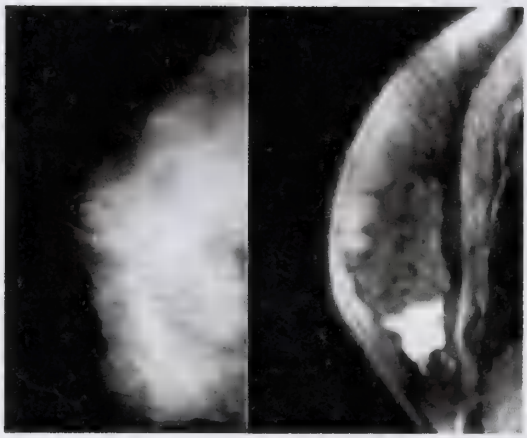
Better breast test

A new diagnostic technique that catches breast tumors mammograms may miss has been developed at Baylor University Medical Center, in Dallas. Known as fat-suppressed 3-D magnetic resonance imaging (MRI), the new technology uses radio waves and magnetic fields to create images in which fat, which makes up most of the breast, is less visible. In these pictures, says Steven Harms, M.D., director of the project, "cancers stand out like light bulbs."

Preliminary results indicate that 3-D MRI is much more sensitive than mammography. In research trials performed on fifty-seven women who had shown warnings of breast cancer such as nipple discharge, the technique found fourteen cancers that did not show up on mammograms.

The new technology will be especially helpful for women whose mammograms are difficult to read. This includes those with silicone implants, scar tissue or cystic breasts.

When it becomes available, 3-D MRI would cost as much as $1,000 per procedure, as compared with up to $200 for special diagnostic mammograms. But the technique will be a great aid for breast-cancer patients and their doctors in confirming a diagnosis and deciding on the extent of surgery needed. Someday, 3-D MRI might even be used like mammography as a general screening procedure. —NADIA ZONIS



Visible difference: The mammogram at left shows no cancer, but a new imaging technique (right) reveals a malignant tumor, the white mass in the photo

The toughest germs in town

It's difficult to defeat germs entirely with antibiotics: Some bacteria become drug resistant, and viruses are unaffected by these medications altogether. Here's the latest rundown on some of the most persistent microorganisms around and what you can do to fight them.

Tuberculosis Long thought to be virtually eradicated, tuberculosis (TB) is on the rise throughout the U.S. The number of cases increased 15.8 percent from 1985 to 1990, according to the Centers for Disease Control, in Atlanta. Alarmingly, some strains are proving resistant to standard treatment with antibiotics. When a patient doesn't take medication properly, only the weak bacteria get wiped out. TB doesn't spread easily—transmission is by coughing and sneezing, and close contact over weeks or even months is usually necessary—but the resistant strain can be passed on. Especially at risk: those whose immune systems are impaired due to such causes as HIV infection, cancer therapy, or malnutrition. *(continued on page 190)*

A medical all-star

Good old aspirin looks more like a wonder drug every day. Here's a roundup of the latest promising news about this old reliable.

Colon cancer *A recent American Cancer Society study showed that aspirin may reduce the risk of colon cancer, one of the leading cancer killers. The study followed more than 650,000 men and women for six years. Those who reported taking aspirin sixteen or more times a month had about half the death rate from colon cancer as people who took no aspirin.*

Heart attacks and strokes *Aspirin taken every other day by men and women who have suffered heart attacks, chest pain, and strokes caused by blocked blood vessels can reduce the risk of a second attack and lower overall death rates. The Physicians' Health Study, a major project at Harvard, has also found that one aspirin every day can lower the chance of having a first heart attack in healthy, middle-aged men. Preliminary findings of other studies indicate that women may derive the same benefits.*

Immune system *Studies at the George Washington University Medical Center, in Washington, D.C., have demonstrated a link between consumption of aspirin and a strengthened immune system. The drug seems to increase production of important elements in the* *(continued on page 190)*



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The headache handbook

If you've ever felt helpless in the face of pounding headache pain, now you can do something about it

BY SARALIE FAIVELSON

The worst headaches of Eva Legendre's life lasted for almost three years. "I felt as though someone was pounding on my forehead with a baseball bat," says the forty-seven-year-old homemaker from Larose, Louisiana.

Although Eva had suffered migraines since the sixth grade, she was stunned by the ferocity of the round that struck in late 1987. When her husband drove her to a doctor for pain-relief injections, she was so weak the physician had to come out and treat her in the car.

When the shots didn't work, Eva consulted dentists, oral surgeons, ophthalmologists and other specialists. One neurologist put her on five different medications. But nothing helped. Eva vomited so often because of the pain that she became dehydrated and had to be hospitalized twice. "I walked into the hospital with a headache—and walked out with a headache," she recalls.

Finally, a friend told Eva about the Houston Headache Clinic. Desperate for relief, she and her husband made the five-hour car trip there in February 1990.

Clinic director Ninan Mathew, M.D., a neurologist and chairman of the American Council for Headache Education (ACHE), hospitalized Eva immediately and treated her with a drug called dihydroergotamine (DHE), which can halt migraines that are already in progress. Mathew also took Eva off all the medications she had been taking before, prescribed other preventive drugs, outlined a diet that was low in such common irritants as caffeine and alcohol, and gave her biofeedback training.

Within a month, Eva says, her life was back on track. "I feel like a new person," she declares. "My son says, 'I have my mama back.' "

THE HIGH COST OF HEADACHE

Ten years ago, Eva's story might not have ended so happily. Since then, however, specialized headache centers have sprung up around the country, and advances in research and an array of *(continued)*

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drugs have revolutionized treatment. Today, there are medications to prevent severe headaches as well as to stop them. Physicians are learning more about the mechanisms of headaches and have identified a host of factors that can trigger them, and they can help patients reduce the risks through lifestyle changes.

That's welcome news indeed for sufferers of this ailment, the most prevalent pain complaint brought to physicians, according to ACHE. In fact, according to a study at the St. Louis University Medical Center, nearly thirty-eight million Americans experience headaches severe enough to interfere with their daily activities. Headache victims miss more than 157 million workdays annually, costing at least $50 billion in health care and absenteeism.

The emotional costs of headache are high as well. "Sufferers feel out of control, upset and depressed," says Paul Duckro, Ph.D., associate professor of psychiatry and human behavior at the St. Louis University Medical Center and an expert on headaches. They may also have to cope with their co-workers' and families' disbelief that they can't function when they have "just a headache."

Despite the progress, many Americans continue to believe that little can be done for their headaches. What's more, many physicians remain unaware of all the latest therapies. As a result, most sufferers aren't receiving state-of-the-art treatment. "A dangerous myth about headaches is that you have to live with them," says Ninan Mathew. "But that's simply not true. Between eighty-five and ninety percent of sufferers *can* be helped."

A NEW UNDERSTANDING

Years ago, most scientists thought headaches were caused primarily by muscle tension, or by the dilation and contraction of blood vessels on the surface of and directly beneath the skull, in response to such triggers as stress. Now, however, many doctors believe the explanation is more complex—that changes inside the brain itself are the cause. A number of researchers are focusing on the role of the brain chemical serotonin, which acts on nerves, muscles and blood vessels. "People who are headache-prone seem to have trouble with serotonin regulation," says Paul Duckro.

Headaches can be triggered by a wide array of factors: chemical, environmental, physical and psychological. Among the most common chemical triggers are alcohol, caffeine, chocolate, MSG, tyramine (an amino acid found in dairy products and organ meats), and the artificial sweetener aspartame (NutraSweet). Some sufferers develop headaches when the weather changes or during physical activities at a high altitude, such as skiing—changes in air pressure are thought to be the trigger. Even having an orgasm can spark a headache, as can bright lights, hunger, smoking and an altered sleep schedule. Stress can be a trigger for those who are headache-prone. Stress-related headaches can also start after the anxiety-producing event is over, when the person finally relaxes.

Experts advise headache patients to keep a diary to help them determine which triggers and situations tend to bring on an attack. "Drinking red wine and sleeping late might lead to a headache around the time of the menstrual period, but not necessarily at other times," says Joel R. Saper, M.D., director of the Michigan Head Pain and Neurological Institute, in Ann Arbor.

Many doctors don't know about all the latest remedies

Armed with this increasing body of knowledge, doctors are better able to tailor treatment to each patient's needs.

COMMON HEADACHE DISORDERS

Experts divide headaches into two categories. The first, *primary* headache disorders, are those like migraines, in which the headache itself is the problem.

Secondary headaches are those that are symptoms of other conditions, such as colds, flu, acute sinusitis, eyestrain and exposure to pollutants. (In some cases, headaches can signal life-threatening disorders such as meningitis, brain tumors, blood clots in the brain or even strokes. Such cases are very rare. However, you should seek a doctor's attention immediately to rule out these conditions if a headache is accompanied by fever or a stiff neck, loss of speech or paralysis, if the headache strikes suddenly, or if pain worsens over days or weeks.)

Below, a listing of the most common types of headache—along with the l treatment information.

MIGRAINE: Between eight and tw million Americans suffer from migr headaches, about two thirds of them w en; the tendency toward this condi seems to be inherited. During an att sufferers feel intense throbbing pai one or both sides of the head. People have so-called migraine with aura, or sic migraine, often see colors or flas lights or suffer temporary vision about fifteen to thirty minutes bef headache begins. Nausea and vomi are common; dizziness and numbnes the face, arm or tongue may also oc and sufferers often feel exhausted f day or two after an attack. Migraine w out aura, or common migraine, prod the same symptoms but is not prece by visual or neurological changes.

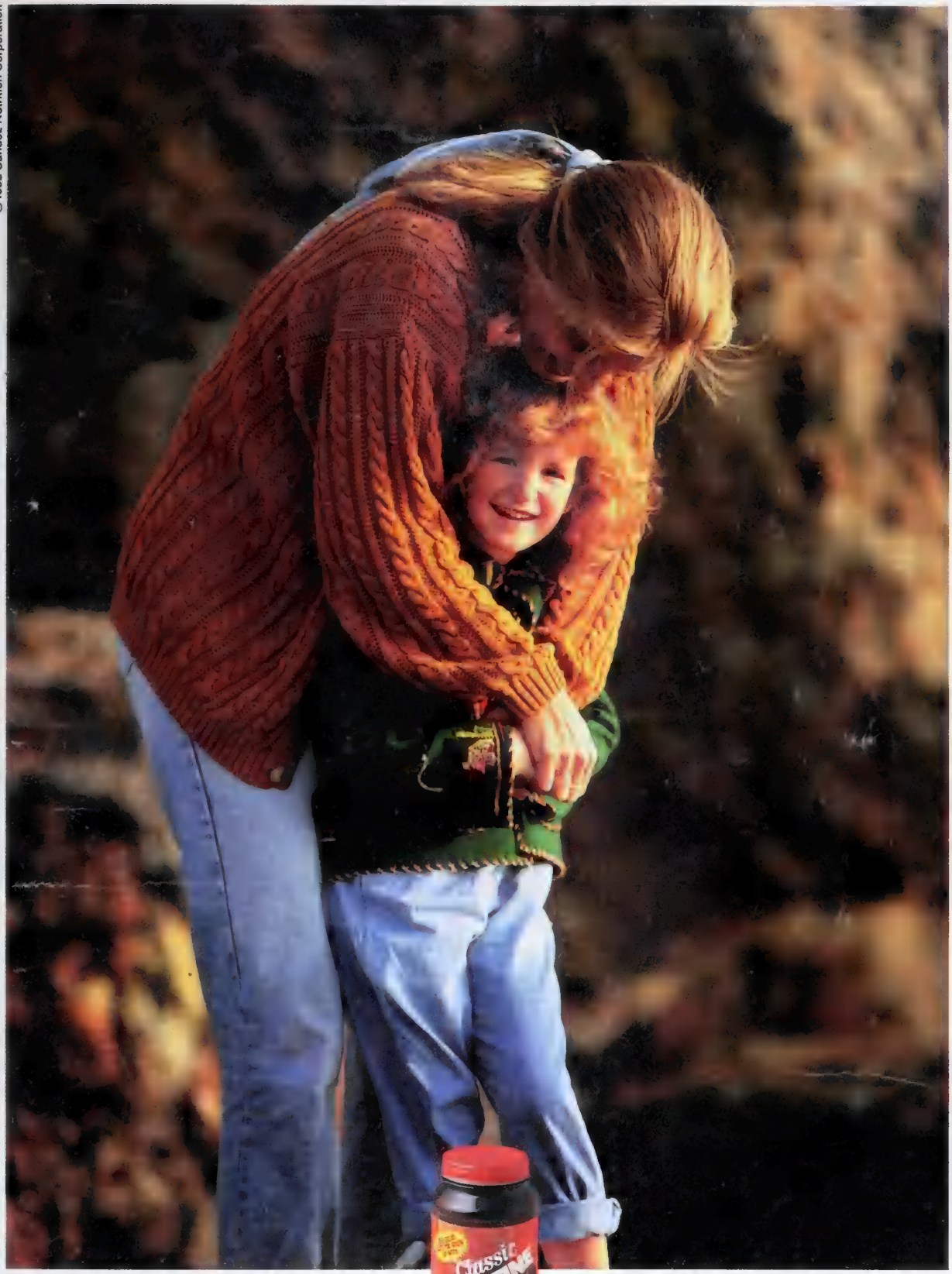
Some women tend to suffer atta around their menstrual periods. searchers attribute this cyclic patter the effect of fluctuating estrogen level key brain chemicals. According to Sa birth control pills can also increase frequency and severity of migraine tacks, since they also alter estrogen lev

Doctors can treat migraines in a nu ber of ways. DHE, which Eva Legen took, and a related medication, er tamine, have been around for years. some experts say they are not as wid used as they should be. According Mathew, many emergency-room ph cians still treat migraines with addict pain relievers such as Demerol. "We trying to educate doctors to use m specific medications such as DHE stead," he says. "Narcotics don't h any specific effect on the mechanis that lead to head pain—and people w have frequent migraine attacks can come addicted to them."

Still, the ergotamines are not perfec they can cause nausea, vomiting, a even circulation and cardiac proble DHE must be delivered by injecti However, doctors are awaiting appro of two advances—a new nasal form DHE and sumatriptan, a drug similar ergotamine and DHE that can relie migraine pain within an hour and cau less nausea.

Another important advance is th doctors no longer wait for a migraine strike to administer relief. Beta block and calcium channel blockers—used treat high blood pressure and heart d ease—and a drug called methysergi (Sansert), a serotonin inhibitor, ha been found highly effective in preve ing migraine. Doctors suspect that th stabilize blood vessels and seroton levels in the brain. Antidepressan such as amitriptyline (Elavil) a Prozac are often helpful in preventi migraine. In addition, *(continu*

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doctors are now testing valproate, a drug used to treat epileptic seizures, for staving off migraine.

Although medication can be very helpful, today's therapeutic options are not limited to the prescription pad. Experts often recommend lifestyle changes that include quitting smoking, sticking to a consistent exercise program and a sensible diet, regular mealtimes and sleep habits, and biofeedback. With biofeedback, patients are taught to control aspects of their physiology usually governed by involuntary processes, such as skin temperature; this can abort headache pain.

TENSION-TYPE HEADACHE: Originally called muscle-contraction headache, it's characterized by pressing, squeezing or aching sensations on the side, front or top of the head or the back of the head and neck. Many experts now believe these headaches result from the same biochemical problems implicated in migraines.

Most people suffer tension headaches only occasionally and can find quick relief with over-the-counter (OTC) pain relievers. There are three kinds: aspirin, acet-aminophen and ibuprofen. All the headache relievers on drugstore shelves contain one or more of these, often in preparations that include caffeine, antacids, sedatives and buffering agents. Experts say these medications are effective in nonprescription dosages. "The best way to find the medication that's right for you is through careful trial," says Saper.

However, it's important not to take painkillers indiscriminately, since each has possible side effects. Unbuffered aspirin and ibuprofen can irritate the stomach; acetaminophen may cause liver problems in large doses or in small doses in people who already have liver disease. Overuse can backfire, too, ultimately increasing headaches. Researchers speculate that this rebound effect occurs because constant medication may interfere with the brain's own ability to fight pain. If you find yourself using OTC painkillers more than once or twice weekly, you should consider being evaluated by your doctor or even a headache specialist.

Some people do experience chronic tension-headache episodes, headaches that occur at least fifteen days a month for at least six months. "Sixty to seventy percent of the people who come to headache clinics have chronic daily headaches," says Richard Lipton, M.D., co-director of the headache unit at the Montefiore Medical Center, in New York City.

In the past, doctors often prescribed tranquilizers for chronic conditions; now, however, since doctors regard them as related to migraines, they sometimes treat them with migraine medications and behavior therapies.

CLUSTER HEADACHES: Marked by piercing pain, almost always on one side of the head in and around the eye, cluster headaches, so called because they occur in groups, each last an average of forty-five minutes, while cluster periods can last from three to sixteen weeks. Cluster headaches can be so agonizing that victims have been known to bash their heads against a wall to try to stifle the pain.

Half a million to two million Americans suffer cluster headaches; most of them are men. Experts suspect that changes in the part of the brain known as the hypothalamus may be partly responsible. They have also found that if a person is in the midst of a cluster period, alcohol can trigger an attack; the pain usually starts immediately after consumption. Smoking may have an effect, too; many sufferers are heavy smokers.

Classic cluster headaches—in which weeks of headache attacks alternate with periods of remission—are often treated with oxygen inhalation. Patients can keep a tank in their home or office; when they feel an attack coming on they can inhale some oxygen and usually prevent the attack. Other mainstays of prevention are steroids, calcium channel blockers, Sansert, and lithium.

Surgery is now an option for some people who suffer from long-term cluster headaches. To date, Mathew and his colleagues have performed the procedure on seventy-five patients. In this operation, known as radiofrequency trigeminal gangliorhizolysis, a needle is inserted through the base of the skull and into the trigeminal nerve, which emerges from the brain, branches out into the facial area and plays a key role in transmitting pain. Electrical currents that can heat and destroy nerve fibers are passed through the needle and kill the pain-carrying fibers of the trigeminal nerve. "About seventy-five percent of these people stop having disabling headaches," says Mathew. But since the surgery can leave parts of the face permanently numb, it is used only in intractable cases.

OTHER HEADACHES

Some less common types include:

POST-TRAUMATIC HEADACHE: Researchers report that people who have sustained head or neck injuries, like whiplash or even simple bumps on the head, can experience headache pain that lasts for months or years. "Head and neck trauma probably produce structural or neural changes in the complex computer system of the brain," explains Mathew. He says that because they have many causes, these headaches are difficult to treat; doctors often must try various therapies used in other types of headache before they find one that works.

SINUS HEADACHE: Although t are cases in which a chronic sinus i tion can trigger the underlying head process, many people who reach for congestant to relieve what they belie a sinus headache may actually be su ing from migraine or tension headac Experts say that actual sinus heada are associated with colds, sneezing, a ny nose or hay fever.

TMJ HEADACHES: Some peopl tribute their headaches to temp mandibular jaw (TMJ) syndrom dysfunction of their temporomandib joint, one of the two joints connecting lower jawbone to the skull. While pain can trigger the headache proces some cases, doctors now believe m such patients may actually be migr victims. "TMJ problems can cause f pain, but they rarely cause recurrent vere headaches," says Mathew. "A lo people with migraines undergo unne sary, expensive surgery to the temp mandibular joint and end up with same headache."

HAPPY ENDINGS

As for Eva Legendre, she is now alm headache-free—and doing everyth she can to stay that way. Upon her lease from the hospital, she had st instructions to stay away from her pa ular triggers: cheese, caffeine, asparta and preservatives. She now eats th balanced meals a day, or six mini-me She also does aerobic exercise at l three times a week, walks a mile e day, and listens to a biofeedback t regularly to ease stress.

She had a flare-up six months ago, a short-term regimen of Prozac got back on track. Now when she fee twinge of discomfort, perhaps on week, Eva takes Midrin—a capsule c taining acetaminophen, a sedative an blood-vessel dilator—and lies down f while. Her husband, Earl, can also adm ister DHE injections in emergencies. far, this regimen seems to be working can't believe the difference," she says.

Eva has resumed the housework gardening she gave up when her da headaches disabled her. Reports her h band, "She's back to her normal self."

For more information, contact the Ameri Council for Headache Education (ACH 875 Kings Highway, Suite 200, W Deptford, NJ 08096; 800-255-ACHE; the National Headache Foundation, 5 North Western Avenue, Chicago, IL 606 800-843-2256.

Saralie Faivelson is a health writer based Brooklyn, New York.



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When a friend needs you to listen



Your best friend confides that her husband doesn't seem to love her as much as he used to. How do you respond?

The best solution may be simply to listen. When a person shares a confidence or complains to us, she usually wants compassion, not advice, says Gerald Goodman, Ph.D., associate professor of psychology at the University of California at Los Angeles, and author of *The Talk Book: The Intimate Science of Communicating in Close Relationships* (Ballantine Books, 1988).

This is especially true for women, who "exchange troubles as a way to feel close," says Deborah Tannen, Ph.D., author of the best-seller *You Just Don't Understand: Women and Men in Conversation* (Morrow, 1990).

But listening to a friend can be tricky. You want to make *some* comments, but you don't want to say the wrong thing. Consider these guidelines.

GIVE HER YOUR FULL ATTENTION
Show your friend you care by concentrating on what she's saying.

BE AN ACTIVE LISTENER
Let her know you understand what she's going through by saying something like "I can see how much this has upset you," suggests Goodman.

DON'T INTERRUPT
Allow your friend to speak her mind without constantly jumping in with questions or stories of your own.

BE SUPPORTIVE
Tell her you'll be there whenever she needs you.

Finally, don't be surprised if she thanks you. Sometimes, the kindest thing one friend can do for another is allow her to talk her troubles through.

—HARRIET EDLESON

How to use consumer clout

Almost every consumer has had a complaint at one time or another—but very few make themselves heard. According to a study done by the U.S. Office of Consumer Affairs, 25 percent of all purchases leave customers dissatisfied, but fewer than one third of those unhappy consumers actually protest, because they don't expect to get satisfaction. Yet, among those who do complain, many get results—especially when they contact company headquarters or a local consumer agency.

The trick is learning to complain effectively. Here's how:

ALWAYS CONTACT THE MERCHANT WHO SOLD YOU THE PRODUCT OR SERVICE FIRST. If the salespeople won't help, ask to speak with a manager, then clearly and politely explain your problem.

IF YOU'RE NOT SATISFIED WITH THE RESPONSE, CONTACT THE CUSTOMER SERVICE DEPARTMENT OF THE COMPANY THAT MADE THE PRODUCT. Send a letter via certified or registered mail detailing the problem, the steps you've taken to resolve it and the solution you seek. Include copies of all relevant documents, along with your address and phone number, and let the company know how long you're willing to wait for a response. Start a file about your complaint, including receipts, warranties and all correspondence between you and the company. The problem should be rectified to your satisfaction. Faulty merchandise should be repaired or replaced; if an item such as food or makeup disappointed you, companies often send coupons or free replacements.

IF YOU'RE STILL NOT SATISFIED, CONTACT A CONSUMER AGENCY IN YOUR AREA. These include the Better Business Bureau, city and state consumer agencies and private watch-dog groups (check the Yellow Pages under the listing "consumer complaints"). Usually such groups can help you work out a suitable agreement, but as a last resort, consider taking legal action.

The federal office of consumer affairs publishes a consumer's resource handbook, which includes practical information, as well as a list of contacts for major companies and state and federal offices. For a free copy, write to Handbook, Consumer Information Center, Pueblo, CO 81009.

—MELANIE BERGER

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PICTURE PERFECT

GETTING THE MOST OUT OF FAMILY PHOTOS



Most family snapshots end up carefully pasted in albums or stashed in a box on the top shelf of a closet. But according to the experts, more regular viewing of those old pictures would be good for our psyches.

"Photographs give us a sense of our history," says David Krauss, Ph.D., a clinical psychologist in Cleveland, who uses photos as a part of therapy. "They connect us with the past and with people who aren't there."

Snapshots that bring back happy childhood memories can "reawaken emotional closeness and allow people to feel those feelings again," Krauss says. Children, especially, can benefit from seeing family pictures; in fact, many experts say it can actually increase their self-esteem. Stephanie Marston, author of *The Magic of Encouragement* (Morrow, 1990), suggests putting two photos by your child's bed: one of her with the family and one of her alone and happy, doing an activity. Marston says seeing these images of herself as loved and capable before going to sleep every night has a lasting impact. Also, showing a young child her own baby pictures can help alleviate her jealousy of a newborn sibling.

Give treasured snapshots a place of honor in your home—create a gallery in a hallway, for instance. And make going through photo albums a family tradition, Krauss suggests. "Whenever the family gets together is a potential occasion to look at photos," he says.

Finally, snapshots can even help us get over a loss. "Looking at photos can be part of the grieving process when there's a death in the family," says Krauss. —LYNN PROWITT



A realist's guide to marriage

By Michele Weiner-Davis

Do you sometimes think your husband is inattentive, inconsiderate or uncaring? If you feel you've poured all your energy into trying to change him, or if you're miserable because he won't, why not try a new strategy? Concentrate on your *own* needs. This advice might not be very romantic, but it works for many couples who feel they've reached a dead end.

In my practice as a marriage therapist, many people have told me that once they put themselves first, their marriages actually improved. Of course, if your husband's behavior is unbearably painful, you may well want to end the marriage.

But before you consider taking this drastic step, it pays to invest energy in improving the quality of *your* life. You'll be happier—and in all likelihood, your marriage will be more satisfying. Don't hold on to the deadly illusion that only another person can bring you happiness, and watch out for the four common forms this illusion takes:

DEADLY ILLUSION #1

"I'm not happy because he doesn't satisfy my emotional needs" Even in the best of marriages, one person cannot satisfy all the emotional needs of the other. For example, one wife wanted to discuss with her husband her most intimate feelings. He was a man of few words. When I asked about her friends, she said: "If I have to talk to my friends about the way I feel, doesn't that mean that something is wrong with my marriage?" I told her that it *(continued)*



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CLOCKWISE FROM TOP RIGHT: GERRY, CHERYL AND CAROLYN FOUND THAT LOSING A JOB CAN BE A BEGINNING AS WELL AS AN END

All fired up

Yes, times are tough. But even if you've been laid off, maybe you can find a better job. Here, three women who did

BY BERNICE KANNER

Laid off, terminated, canned, dumped, excessed, fired: By any name, it's a frightening prospect. Unfortunately, it's a prospect that more and more of us are facing. In 1991, 3.7 million women were out of work—the highest unemployment level since 1986.

Finding new jobs is also harder than it used to be. The fields that were hot in the eighties—banking, technology, advertising—have cooled down. According to Drake Beam Morin, an international firm that counsels workers who have lost their jobs, it now takes their clients an average of 7.1 months to land a new job, up from 6.8 months in 1990.

Whether unemployment comes as the result of a layoff, the demise of a company or even the employee's decision to quit an intolerable situation, it's almost always a shattering experience. Still, one recent survey found that female executives took job loss less personally than males did and thus felt happier once they found new positions, partly because they were likelier to believe the reasons their companies gave for letting them go.

(continued)

Pink-slip blues

In today's economy, very little is certain—especially job security. Many people on the verge of being dismissed recognize the warning signals but choose to ignore them. Be on the alert for signs that your company may be in trouble. Is it in a dying industry? Reorganizing? Have competent co-workers recently been laid off?

■ If you are pink-slipped, allow yourself a couple of days to deal with your shock or anger, then meet with your employer when you're calmer to discuss the terms of severance. Handling a layoff rationally and gracefully betters your chances of getting a fair deal—and a good recommendation from your boss.

■ Most companies offer a week's to a month's severance pay for every year of service; get a written copy of your company's policy. If you can afford it, extend your health insurance, and file for unemployment benefits.

■ Inquire about outplacement service, even if it's not normally offered to employees at your level. Says Madeleine Swain, president of Swain & Swain Outplacement International, a human-resources consulting firm, "As long as you have your hat in hand, ask for more, not less." If you don't think you've been given all the benefits you're entitled to, talk to a personnel representative.

What to do

Begin your job hunt by updating your resumé. If you're considering more than one type of career, you'll need a separate resumé for each.

■ Don't be shy about talking to friends, former clients and other sources. "Approximately four out of every five jobs is filled through personal contact," says Emily Koltnow, author of *Congratulations, You've Been Fired* (Fawcett-Columbine, 1990). "So get out there and network."

■ Most of all, try to look at the experience not as a personal failure but as a challenge. There might just be something better waiting for you.



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91 USCEA



ALL FIRED UP
continued

So the end of a job needn't be the end of the world—in fact, it can be just the beginning. Meet three women who actually bettered their lives after losing their jobs.

BUILDING A NEW DREAM

Experts say that the grieving process involved in losing a job is similar to that of losing a loved one. Carolyn Olson couldn't agree more. "Working at a start-up company is like raising a child, and seeing it die is devastating," she says.

Olson, thirty-seven, had worked for a biomedical company in Boston for three years. As a clinical research manager, she supervised the research being conducted on the company's sole product—a system for diagnosing osteoporosis—to ensure that the instrument would meet Food and Drug Administration (FDA) standards.

Olson knew that the company was in trouble: Investment money had all but dried up, and the FDA hadn't yet approved the product. But they'd been through rough times before, and Olson believed they'd pull through again. "It was difficult to imagine they'd throw in the towel before investigating every last hope."

Unfortunately, optimism alone couldn't save the company. In August 1990, Olson and ten of her colleagues were let go, and the company folded a few months later.

Even though she and her husband, Kirk, had enough money to see them through several months (and no children to support), the uncertainty of their situation panicked her. "I worried about how long it would take to be re-employed, whether I'd find something I'd enjoy as much, whether I'd have to relocate."

To make matters worse, her work had been their sole source of benefits. Kirk had left his job as an accountant three years earlier and was taking on temp work while looking for a secure position. To stave off a financial crisis, the Olsons tightened their belts: eating less meat and walking instead of taking cabs.

Olson was discouraged and miserable. Though she dutifully sent out dozens of resumés "to any company that seemed remotely related to my field of interest," she couldn't muster the energy to do much else for a few weeks. Instead, she overslept and overate, cried a lot and immersed herself in books. "I told myself that I simply had to finish this novel before I could see if this friend of a friend knew of any opportunities."

However, she did enroll in CareerScape, a $350 nine-week self-assessment and motivation program. It helped her explore all her career options, and knowing that so many opportunities were available helped ease her unhappiness.

Olson was surprised when, within weeks of sending out her mailings, sponses started coming in. When she began interviewing, her anxiety got better of her. "I sold myself out of job begging for them, by being too despe unsure and nervous."

By applying what she had learne CareerScape, though, Olson became n confident. "Rather than passively wai for them to ask me about myself, I'd the initiative and ask about the ass ment and what research support I co get." Before long, she was winning prospective employers by presenting self as a potential asset to the comp rather than a person in need of work.

By the third month, Olson had ceived three job offers and was still in viewing when she accepted a positio BioSurface Technology as a clinical de opment manager. (Kirk found an acco ing job two weeks later.) Now she wo with doctors and researchers to find medical uses for the company's produ human skin cultured in their laborator

Olson's new position suits her perf ly. The salary is 20 percent higher t her previous earnings. She has fewer w ries that the company will fold. And cause hospitals use the skin to cover wounds of burn patients, "it helps s lives, and I feel good that I'm doing so thing beneficial," she says.

Olson has learned a lot from this j ney about job hunting, her industry— herself. "I'm more aware of my c strengths and constantly assess whether I'm doing what I want to do how stable the company is. This has m me smarter, less willing to settle back be complacent about the market.

"I'm not glad this happened, but happy it turned out the way it did," adds. "I wish my start-up company turned into the next IBM or some ot wildly successful enterprise. But now on to a new dream."

KNOWING WHEN TO LEAVE

While growing up in Oklahoma C Gerry Lee dreamed of a stable job a way out of the pain and unhappines her childhood. Her divorced parents her in the care of her grandmother, w abused her physically and emotionally.

By 1988, when she was thirty-six, had achieved her employment go After eight years of moving up the ra of a Silicon Valley microchip compa she had been promoted to a high-le supervisory position managing books on executive compensation, cluding complicated stock options 401(k) pension plans.

But along with her new authority ca a heavy dose of stress. She was work sixty- and seventy-hour weeks and sp much of her time in meetings where projects were continually lobbed at her

he pressure took its toll. "It got to the
t where I was irritable, difficult to
with and crying all the time," she re-
s. "I was a basket case." Her husband,
re, a construction superintendent, of-
d all the support he could, but not
he could ease her misery.

The breaking point came during a
ting in which her supervisor gave her
another project. When Lee protested
she was already doing more than her
re, he replied, "We all have to do what
have to do to get our jobs done." That
t she told Steve that she couldn't take
ymore. He urged her to quit.

Lee gave notice and took on a tempo-
y job at a real estate agency on a
nd's recommendation. "I wanted to
whether I liked a
before I committed
t," she explains.
e agency soon of-
d her a permanent
t as an operations
nager.

But this job, too,
its drawbacks.
ough she enjoyed
work and found
new responsibili-
s much less de-
nding, her income
c partly from com-
sions—and the
sing market was in
ump. For the two
rs she worked
re, she earned only
third of her previous salary.

"In the nineties, you really have to sell yourself."

Although the couple have no children,
cut in pay, together with the nation's
nomic pinch, made matters tense at
ne. "We were fighting because we
ldn't make the payments on my car,
ve's pickup and our insurance and
dit-card debts. Forget that we'd been
ng to save up for a home." The crunch
harder still when Steve was laid off for
ee months. "I clipped coupons, and we
a lot of peanut butter and jelly sand-
hes," Lee says.

Then Lee noticed that some of her col-
gues were being laid off; it seemed only
atter of time before she, too, would be
d. She decided not to wait until that
pened, and left in September 1990.

Lee signed on with a temp agency, this
e resolving to be even more cautious
ut accepting permanent work. Her
d skills and personable manner kept
in demand, and after several weeks
e was placed in the accounts payable
partment at Rosendin Electric, a com-
rcial electric company in San Jose. Her
-day stint stretched into two weeks.

In December 1990, Rosendin offered
e a full-time job in the workers' com-
sation department. She was interested
explained that she had no experience
that area. Her employer offered to send her to school, and the deal was made.

Midway through her three-month class, Lee was promoted, then promoted again last fall. Now an assistant risk manager, she handles all insurance for the company's 120 employees. Lee finds the work as interesting and high-powered as her management job, but without the pressure. "They seem to be making a commitment to me," she says. "They listen to what I say. At [the microchip company], no one listened."

What's more, now that the Lees are in the black, their relationship has improved significantly. "We don't fight. We take off for long weekends. We're happy together, and I'm happy alone. I laugh a lot now."

Her tenure at Rosendin has also given Lee a sense of confidence and self-worth—which she was denied as a child. "I've learned to see that the anger I had stored up from childhood was tapped at work. At my former job, I felt uncertain, unstable. I had low self-esteem, and I wasn't eager to test myself—to find out if I was good enough. But now I've done it."

LEARNING FROM THE PAST

Cheryl Schnitzer, of Houston, now has a good job with the Federal Deposit Insurance Corporation (FDIC), the agency that insures bank deposits. But she knows how quickly things can change: Her former employer dismissed her—twice. "Experience has taught me that no job is really ever safe," says this mother of three, whose husband, Dana, manufactures mattresses and box springs.

In February 1989, Schnitzer, then thirty-eight, was working as an assistant sales representative in the marketing department of a computer and defense-electronics company, when she was laid off as part of a company-wide work-force reduction. Ironically, Schnitzer had just received an excellent annual review for her work, and her boss had assured her that she had nothing to fear.

She reacted to the news by panicking and blaming herself. "I took it very personally," she admits. Her self-esteem fell sharply. "I felt unattractive, inadequate, as if something were wrong with me. I believed I could have protected my job by playing politics."

To add to the tension, one of Schnitzer's one-year-old twins had just been hospitalized with an ear infection. After Sarah came home a week later, Schnitzer went to the library, reading companies' annual re- *(continued)*



Workingmoms' Compensation





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ALL FIRED UP

continued

ports and trade publications to learn about the hidden job market—positions not yet advertised but in business divisions that were flourishing. She went on three interviews, but her confidence was so shaky that she made a poor showing.

Then, five weeks later, the company offered her another position, at the same salary, in her former division, working with a different product line. "That was probably one of my biggest mistakes," Schnitzer reflects. "I didn't realize that they had rehired me not because they valued me as an employee but because it suited their purposes. Since I knew the business and the sales reps, they didn't have to train a new person for the job."

She learned six months later just how highly her employer regarded her. In October 1989, the day Schnitzer returned from a convention for Texas bankers, she learned that the company had reorganized yet again—and she was out once more.

Schnitzer took this layoff less to heart, but she still felt the stress of losing a job and a steady income. "I was worried and distracted and cried a lot, but not in front of our children," she says. "I tried to insulate them." Though her layoff package kept the family from real financial trouble, she feared that the day would soon come when they'd have to scramble to make a mortgage payment.

Twins Zachary and Sarah were too young to understand their mother's distress, but four-year-old Erin would ask, "What's wrong, Mommy? Why aren't you at work?" Schnitzer explained that her company didn't need her anymore but that she'd soon find a new job. "It was rather nice to be at home for a while with the children, and they enjoyed it, too," she says. Still, she liked working too much to consider the idea of being a full-time mom.

Dana did all he could to support her. He helped write and mail her resumés, looked through the classified ads and assured her that she was skilled and marketable. "You'll find a better job," he said. But Schnitzer withdrew even from her husband. They began fighting over insignificant things, and their marriage grew strained. Eventually, the couple went for counseling.

When she began her second job hunt, Schnitzer was more cautious. "This time, I knew I wanted to go to a smaller, more personable company. And I didn't want a place where the decision-making authority was left to a branch in another city." Despite her newfound wisdom, she despaired of ever finding a position. "The literature warns that for every $10,000 you earn, it will take a month to find a new job. That was scary," she says. "In the nineties, you really have to sell yourself."

Yet six weeks, fifty resumés and four interviews after the second layoff, she struck gold at the FDIC. As a liquidation assistant, Schnitzer untangles some of the mess left by failed banks by collecting on risky loans.

Schnitzer likes her co-workers, her salary (10 percent more than she made before), the ability to use her analytical skills, and her flexible hours, which allow her to come in at seven and leave by four. And when she successfully collects outstanding loans, she feels that she's "doing something for this country. That's money that the taxpayers are spared; I feel good that they don't have to pick up the bill."

Still, her job is, by definition, temporary—once the banks recover, this FDIC office will close. "I can't imagine that Texas banks getting healthier this year but in 1993 or 1994 it's not out of the question," she says. If the worst should happen, though, she'll be prepared. She knows that opportunities are available and understands that being laid off is not a reflection of her abilities. "I've become wiser about how the business system works." ■

Bernice Kanner is a senior editor of New York magazine.



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What men fear most

Underneath that macho image a lot of men are worried, anxious—even scared. Listen to the fears your man may never talk about (you'll be surprised)



BY HANK HERMAN

"The fear has grown in the past year," Kyle* says. At forty-four, this Tennessee executive is president of the U.S. division of an international company that has seen nothing but "stratospheric" growth in the five years he's headed it—yet he's afraid he's not doing a good job. "There's no such thing as *achieving* success," he declares. "You have to be successful every day."

Kyle says he chewed around the edges of his concern with a good friend. "But this guy clammed up—switched the subject to football or baseball. I want to sit down and let it all out, but I'm afraid to be the first one. I don't want to be thought of as a jerk or a wimp." Kyle feels all alone out there, but he's not. Across the country men are being eaten alive by insecurities—especially during these economic hard times. The traditional macho code of silence still makes many of them unwilling or unable to talk about their troubles.

But we coaxed them to open up, in freewheeling conversations with bankers and teachers, store owners and gardeners, from Vermont to California. A few of their worries—"fear of my father dying because then my mother would come to live with me"—sounded a bit like one-liners in a nightclub act. But most were heartfelt, and none made the talkers sound like "jerks or wimps."

So if the man you love is the strong, silent type, listen up for an advance showing of what may be preying on his mind.

*Some names have been changed.

MEASURING UP

You're well on your way to understanding all of men's fears if you comprehend one basic dread: the fear of not measuring up to certain heroic standards that define being a man. Paul Moschetta, D.S.W., a New York City marriage counselor, calls it gender fear: "What men keep asking themselves is 'How good a job am I doing at this role I'm supposed to play?'"

Doubts about self-worth can have repercussions in the bedroom, according to Georgia Witkin, Ph.D., a New York City clinical psychologist and author of *The Female Stress Syndrome* (Newmarket, 1991). After all, for many men, sex is the ultimate form of approval. However, it's also the ultimate taboo subject, so much so that not one of the men I interviewed was willing to talk about it.

Gender fear reveals itself not only in bed but on ball fields and in *(continued)*



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"I don't hear 'I love you' when I do the wash,

WHAT MEN FEAR
continued

business. It's what Kyle is really getting at when he talks about needing to succeed every day. It drives men to accept challenges they might be better off passing up and to push on when they'd be better off quitting. Witkin refers to it as fear of exposure—that the world will finally find out "that he couldn't do it by himself. That he has a vulnerable female side. That he let the team down."

Some men express extraordinary dread of a physical attack because they might have to fight back—and fail. "I wonder whether I could defend myself and my family in the face of a violent crime," says Dennis Glass, forty-four, who runs a lawn-care business in Verbank, New York. "It's like a soldier going into combat—he wonders what he's going to do when it comes right down to it."

Fear of failure strikes hard in the career arena, says sociologist Robert Weiss, Ph.D., author of *Staying the Course: Emotional and Social Lives of Men Who Do Well at Work* (The Free Press, 1990).

Dan*, a thirty-five-year-old financial analyst from Lenox, Massachusetts, is a good example. He worries about getting laid off and having to move his family away from their idyllic community. But Dan won't share his nightmares with those he loves. "I don't want to be a burden to anyone," he says.

Eric Burns, a forty-six-year-old TV commentator and writer from Connecticut, frets that he'll never be able to express his most cherished ideas, because they're not commercial enough to air on the networks. This anxiety conceals a deeper fear. "I worry about what kind of mark I'll leave. I'd hate for my kids to say, 'He was a great guy, but somehow he just couldn't cut it.' "

A lot of men also still carry the secret burden of believing they must be the primary breadwinner to keep from losing their wives. This may seem anachronistic, now that so many women work and families rely so heavily on two incomes. But such ingrained impulses die hard.

For example, Glenn Mulberger, thirty-five, a resident manager of student housing at Penn State University, is so concerned with bringing in enough money that he recently started a business on the side—cleaning offices two nights a week. Of course, the extra money hasn't eased all his troubles. Now he's got a new guilt to contend with: that he's not spending enough time with his family.

FAMILY TIES

Although it would surprise many women, it seems as if men do a considerable amount of brooding about relationships with their wives and children.

Glenn Mulberger, whose eight-year-o son is a diabetic, is sure when the pho rings "that it's the school calling to s that my son has gone into a coma."

Randy*, a recently divorced Oma banker, worries that he's going to be r placed as a father figure. He has custo of his six-year-old son for holidays, su mers and weekends, but, he says, "My e wife is seeing someone else now, a eventually my son is going to become tached to that someone else. It's gon take me some time to get used to that."

He's also worried about new relatio ships for himself. He knows there we some things he didn't do quite right t first time around. Now he's unsure "what women expect and what you c expect from them. I already find mys getting too attached, and it gives me t fear. I catch myself distancing myself."

George*, a West Coast property-ma agement executive, now fears the emp nest, just as many women do, because much of his marriage was devoted to ra ing children. "My older son's in colleg he says, "and my younger one is about graduate from high school. What's r role now?"

Some men are also haunted by the su ject of aging. According to Warr Farrell, Ph.D., author of *Why Men A the Way They Are* (Berkeley, 198

nwelcome indicators like baldness and agging muscles tell a man he's "falling part, deteriorating—over the hill."

Still, among the men I interviewed, ag-ng did not emerge as a dominant fear. That's the way it goes" was the common efrain on the subject of mortality.

Maybe men displace this terror onto heir wives. Says Dave Huberty, fifty, a igh school science teacher: "I don't fear eath myself. I've looked at it as a natural art of life since I was a kid. But my wife nd I have shared so much of our lives. I ouldn't want to be left without her."

CONTROL FREAKS

Most men are constantly on guard against sing their fragile grip on the world round them. Says Dan, "A man is sup-osed to be able to make things happen; 's part of his image of himself." The ruggle to exert complete control is a fu-le effort, however, and a leading cause of ress, according to Witkin.

This concern about chaos keeps men ewing about all sorts of potential cata-ysmic events. Chad Bessette, thirty-six, ho owns a country store in Peru, ermont, talks about "my family being armed when I'm not around—or my son eing picked on in school when I'm not ere to defend him." Dave Huberty, who is three daughters in their twenties, just elped the youngest move from the family home in Fergus Falls, Minnesota, to her own apartment near Minneapolis. Now he's worried about "some kook breaking into her apartment."

Huberty also confesses to frequent visions of freak disasters. "Like I'm driving on the highway, passing a semi. I hope he doesn't blow a tire and cream me. Or I'm driving over a bridge: What if the span drops at that moment? Or I'm on a ladder and the rung gives way. These thoughts are momentary, but they do come to mind. I like to think ahead in situations like that and have a plan of what I might do. . . ." Control.

That explains Chad Bessette's obsession. When he told me that one of his top worries was fear of incarceration, my first thought was, Oh, boy, what's good ol' Chad been up to? But as he made his case, it sounded less farfetched. "What if I accidentally ran someone over? Involuntary manslaughter—one year in jail. I'd go crazy. Now your wife and children are on their own, you don't have your freedom—you've lost control of your destiny."

Dan, the financial analyst, visualizes similar dire scenarios. He could be convicted of tax evasion, he could be riding in a friend's car that happens to have a little marijuana in it . . . "These kinds of things can really happen. And it's stuff you have no control over."

Needing to be in control can also explain many men's reluctance to see a doctor. "Men are more afraid of illness than death," says Witkin; they hate seeing a physician because it "makes them feel vulnerable and dependent." Dennis Glass admits to being "deathly afraid of surgery. My wife's a nurse, so I know what can happen."

Glass also has a whole roster of concerns about weird things happening on the job. He's terrified of being struck by lightning (he was almost hit as a kid) and is "mortally afraid of insect stings. I think about riding my lawnmower into a wasp's nest—and getting killed! A lot of stuff can go wrong," he says.

FEAR OF DISCLOSING THEIR FEARS

George, the real estate exec, worries about worrying. He'd love to hear "that we're all scared as hell—that I'm not some kind of aberration," but he can't find any men who are willing to say it. He has some close friends with whom he's tried to tackle this subject, but they've been "somewhat less than helpful. They're not willing to really talk; they just quickly want to give me a solution, a way out."

Why is it that women can discuss excruciatingly intimate feelings of insecurity, while most men can talk only about the Redskins or the Bulls? Farrell says that when a woman hears another woman is in a tough spot, *(continued on page 192)*

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1 tsp. salt

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Coming attractions

What will the well-dressed garden show this year? Here's what's hot in flowers and grass to try this spring.
By Lauren Brown



Gardening is blooming as never before. In 1990, forty-five million households had a flower patch—up from thirty-eight million the year before—according to a Gallup poll commissioned by The National Gardening Association. This spring, the green scene is a hotbed of new plants and techniques that you'll want to try. Making your garden grow will be easier and faster than ever. Breeders are producing plants that flower more quickly, last longer, need less water and are disease- and pest-resistant. We'll also get a blast from the past: Nostalgic, romantic flowers are back in style, such as damask roses, hollyhock, foxgloves and peonies. Finally, composting—first popular in the sixties—is making a strong comeback. Not only is it environmentally correct, in more and more areas it's the law: Fourteen states will soon ban grass and other yard trimmings from crowded public landfills.

What else is springing up this year? We asked the experts.

THE FLOWER REPORT

THE NEWS IN HUES Pastels promise to be all the rage. Look for shades of peach, pink, apricot and mauve.

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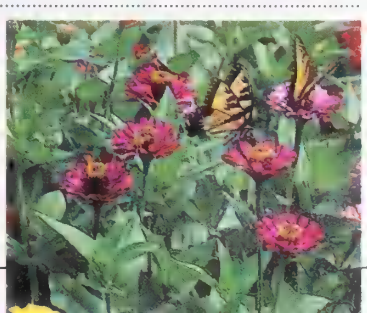
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If you want to make your garden grow with the best new flowers, try these recent award-winners:

VERBENA "PEACHES AND CREAM," a low-growing annual with a medley *(continued on page 92)*

LHJ special offer

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as seen on pages 87 and 92

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She's "fair of face" and pretty as can be!



Shown smaller than actual size of 8¼" in diameter.

Monday's Child

by Elaine Gignilliat

the Danbury Mint

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A numbered limited first edition collector plate trimmed in 23kt gold

"Monday's child is fair of face"... and this delightful Elaine Gignilliat painting, all of nature seems to agree! This adorable girl's radiant beauty is reflected in everything around her... a tranquil pond mirrors her golden curls, and brilliant flowers enhance the bloom in her rosy cheeks.

Now, the innocence and charm of "Monday's Child" have been brought to life on a new porcelain collector plate by award-winning artist Elaine Gignilliat.

A Limited First Edition

"Monday's Child" is the first collector plate in an exclusive Danbury Mint series entitled *Children of the Week.* Each issue will feature an original Elaine Gignilliat portrait which captures the enchantment of a child's personality as revealed by the classic days-of-the week nursery rhyme.

Each serially-numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The edition of "Monday's Child" will be limited to a maximum of 75 firing days. None will be offered through dealers; this First Edition is available exclusively through the Danbury Mint. As a finishing touch, each plate will be trimmed with a band of precious 23kt gold ... and the price is just $24.95.

No Obligation — No Risk

When you acquire "Monday's Child," you have the option, *but not the obligation,* to acquire all subsequent plates in this delightful new series. Furthermore, *under our 100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

We expect the demand for "Monday's Child" to be strong since Elaine Gignilliat plates have always been extremely popular with collectors. So we urge you to act now. Reservations will be processed in the order received — send in yours today!

KWP Please Reply Promptly 04

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gardener's notebook



TWO TOP FLOWERS TO PICK THIS YEAR: OLD-FASHIONED DAMASK ROSES (LEFT) AND AWARD-WINNING CANNA "TROPICAL ROSE"



(continued from page 87)

ardening is blooming as never before. In 1990, forty-five million households had a flower patch—up from thirty-eight million the year before—according to a Gallup poll commissioned by The National Gardening Association. This spring, the green scene is a hotbed of new plants and techniques that you'll want to try. Making your garden grow will be easier and faster than ever. Breeders are producing plants that flower more quickly, last longer, need less water and are disease- and pest-resistant. We'll also get a blast from the past: Nostalgic, romantic flowers are back in style, such as damask roses, hollyhock, foxgloves and peonies. Finally, composting—first popular in the sixties—is making a strong comeback. Not only is it environmentally correct, in more and more areas it's the law: Fourteen states will soon ban grass and other yard trimmings from crowded public landfills.

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POPULAR PERENNIALS: Primroses, daylilies, daisies and hostas.

1992 ALL-STARS

If you want to make your garden grow with the best new flowers, try these recent award-winners:

VERBENA "PEACHES AND CREAM," a low-growing annual with a medley of small salmon and apricot blooms. It needs full sun to flourish, but requires little care.

VINCA "PRETTY IN WHITE," a medium-size plant with masses of big white blossoms. This annual does well even in very hot summer temperatures.

CANNA "TROPICAL ROSE" is a lush annual with broad leaves

Experts consulted for this article: David Harrington, executive director of the New York Horticultural Society; Frank Robinson, executive director of the American Horticultural Society; Richard Schnall, vice-president for horticulture at the New York Botanical Garden; C. Reed Funk, Ph.D., of the crop science department at Rutgers University; Robert Nardini, of the American Rose Society; Gary Koller, horticulturist at the Arnold Arboretum, in Boston; Kris Bachtell, horticulturist at the Morton Arboretum, in Chicago; Wilf Nicholls, horticulturist at the University of British Columbia Botanical Gardens; Eliot Roberts, executive director of the Lawn Institute.



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Joan Embery

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woman to woman

Frank talk about the most intimate aspects of our lives



"I needed to have an affair"

What happens when a good wife is tempted and gives in? A confession from a woman who strayed with a minister—and the important lessons she learned from being unfaithful

I never thought I could cheat on my husband. Sure, I'd had sexual fantasies about a few men since I'd been married, but that was as far as things went.

By 1985, however, when I was forty-four, I was discontented with my life—and vulnerable to temptation. I was a former teacher who disliked teaching; a mother of a teenage son and daughter who no longer seemed to need me; and for the past twenty years, a wife to Tim, who devoted so much of his time and energy to *his* teaching job that I was left to do most of the housework and parenting alone. I felt neglected and resentful, though I never admitted it to anyone, least of all myself. I'd been raised from childhood to believe that a woman is always loving, never bitter.

When Stan, an ordained minister and close family friend of many years, began paying special attention to me, I felt very flattered. He frequently found reasons to phone or stop by the house, often when Tim wasn't home.

Stan wasn't particularly good-looking—he was ten years my senior and a little overweight—but he had sparkling eyes, an engaging smile and a good sense of humor. He was powerful and respected in our congregation. Most of all, he made me feel desired. He'd greet me with a kiss, give my hand an affectionate squeeze and flirt with me. I began to fantasize about him, but I didn't think anything would come of it. After all, he was married, too, and had three kids.

One day, Stan invited me to go out for coffee; though this seemed harmless enough, I didn't tell Tim. After our tête-à-tête, Stan suggested we meet at a park the following week. I knew that by saying yes, I would be consenting to much more than a friendly afternoon together. But I was ready for more. On the park's secluded paths, we held each other and kissed. When he slid his hand inside my sweater, I didn't protest.

Soon we were seeing each other several times a week. Since we both had flexible schedules (I had left my job for part-time work at a consulting firm) and busy spouses, it was easy for us to meet in a quiet restaurant after work or to talk on the phone for hours at night.

Occasionally we managed to spend several hours at a motel. In truth, Stan wasn't as good a lover as my husband, but the fact that our sex was forbidden made it very exciting. It was like a high, and I couldn't get enough of him.

I thought that Stan was the answer to my loneliness. He listened to me, confided in me, made me feel loved. It all seemed so perfect that I didn't realize how this obsessive affair was affecting my life. I once valued honesty; now I constantly lied, telling my family that I was at the health club or shopping.

Worse yet, I was lying to myself, convinced that Stan and I were truly in love. Despite the fact that he was a minister—and of a strict denomination, at that—I denied that we were doing anything wrong. When we weren't together, I was always thinking about him, reliving our passionate moments, planning our next meeting.

As the months stretched into one year, then two, my family began to feel the effects of my infidelity, although they had no idea what was going on. As I grew more distant, Tim immersed himself even further in his work, assuming my lack of interest was just a part of middle-age marriage. My son was angry because I had become unreliable, often *(continued)*

Mark Malatesta



La Grande Odalisque. J.A.D. Ingres. *Musee de Louvre. Paris*

A SUBJECT YOU MAY NEVER HAVE DISCUSSED WITH ANYONE.

You may not have discussed it with anyone, but like so many women, you may be experiencing the annoyance and discomfort of vaginal dryness.

A lack of vaginal moisture.

Vaginal dryness occurs for women at many times in life. Feminine moisture may become insufficient just before menstruation, following childbirth or during menopause. It can cause a woman discomfort, particularly during intimacy.

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For a woman's comfort, new Gyne-Moistrin gel has been specially formulated to relieve her vaginal dryness. At last, a woman has moisture that feels so much like her own. Now a woman doesn't have to use messy lubricants or lotions.

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The moisture so important to a woman's body.

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THIS IS WHY COUNTERS CAN'T STAND HARSH POWDERS...

WOMAN TO WOMAN
continued

forgetting to bring the car home in time for him to drive to his part-time job. Normally, I would have felt terrible about betraying their trust, but now I just convinced myself that I wasn't really hurting them.

If I had any doubts about Stan's commitment to me, I refused to let them get in the way of my illusion. He had such a hold on me that I didn't break off with him even when, early on in our affair, he admitted he was maintaining close relationships with two other women, both in their twenties. Stan assured me that he hadn't had sex with them—I was the one he loved. Instead of being jealous or angry, I was proud that I'd beaten the competition.

By 1988, though, it was clear that Stan was losing interest, yet I couldn't let go, even after one of the younger women found out about us and told me that she and Stan *had* been sleeping together. He denied it. I didn't believe him, and that hurt, but this incident made me even more determined to make him love me again and take away the pain.

Another year passed. I tried a few times to break off with Stan, but he would call a few days later—"You're the only one I can talk to," he'd say—and we'd be back together again.

However, our lovemaking sessions became less and less frequent. During our final meeting, I actually found myself begging Stan for the sex he was no longer interested in. "I need four kinds of women," he replied. "One for intellectual stimulation; one for a sense of mystery; one for sex and one as a friend." I knew now he was seeing women who fit the first three descriptions. I had been assigned the role of "friend."

That was the turning point: Like an alcoholic, I'd bottomed out, finally realizing how weak and pathetic I had become. If I didn't get out of this harmful relationship, and soon, it would destroy me.

Then I made the toughest decision of all. If I was to escape from Stan fo ever, I needed Tim's help—and th meant telling him everythin Confessing to an affair isn't the be answer for everyone, but I saw it my only hope. Painful as it would b for my husband, I knew that I had tell him the truth.

The next morning, I asked Tim stay home from work. "I'm in som thing I can't get out of," I said. need your help." Nervously, I told m story. Tim reacted calmly at first, li tening and encouraging me to go f counseling. Then, a few days late the shock wore off and his anger ar hurt surfaced. "How could you d this to me?" he demanded.

Neither of us knew whether o marriage would survive this affai but we resolved to work on it. For t next six months, we took hour-lo walks almost every day after work which we talked, argued and opene up to one another. We decided not go for marriage counseling; instea we each see a therapist so we can de with our problems individually.

We told our children about Stan, too; they were young adults by this time, and I felt that it was important for them to learn from my mistakes. We explained that we were working out a crisis in our marriage and told them all that had happened. They were initially angry at me for betraying Tim, but we have since ironed it out with discussions, love and time. Being honest with my family was the right choice for me.

I haven't seen or spoken to Stan since our last meeting. He called once, but I hung up without a word. To keep him from ever hurting other women, I filed charges of sexual misconduct against him with the church. The church elders listened to what I had to say, but they never said a word to me. Only later did we hear through friends that some of Stan's administrative power was taken away from him. The committee thought, however, that I was a seductress who was persecuting Stan out of revenge. I was angry that they questioned *my* motives. Needless to say, we've changed denominations.

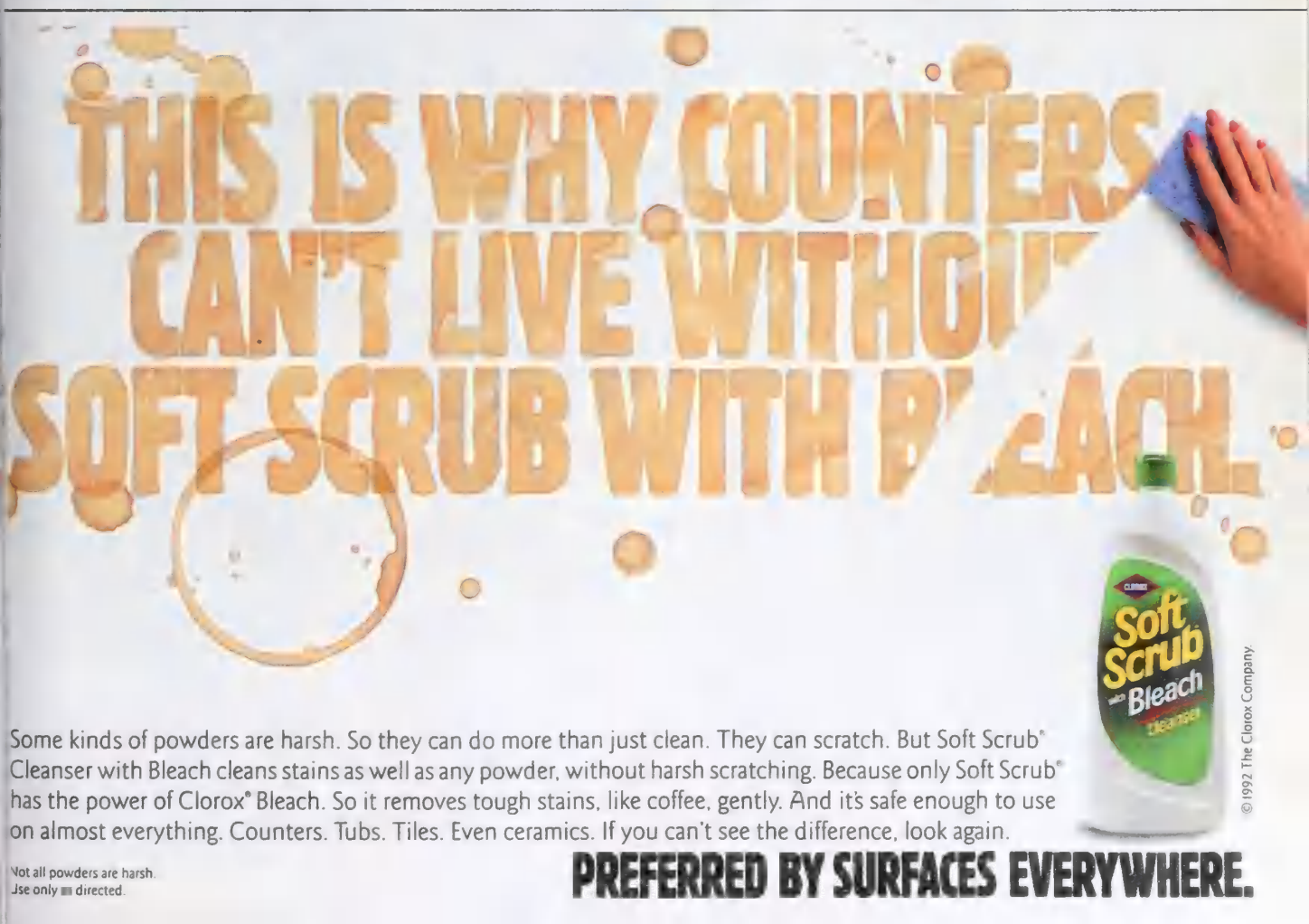
Since then, we've moved to a different town—and made a fresh start. Through therapy, reading and my talks with Tim, I understand why I was driven to Stan. I wasn't really searching for sex and excitement, but self-esteem. I needed to find an identity apart from my home and career, to change and grow as an individual. With all the energy I wasted on Stan, I could have done so many things.

I also needed intimacy—something Stan could never give me, but which Tim and I now have in abundance. Having nearly lost our love, we understand how fragile and precious it is. I'm sorry that it took an affair to bring us so much closer. Now we work on improving our renewed marriage every day, always finding new ways to show we care. ■

"During our final meeting, I actually found myself begging Stan for sex."

WE WANT TO HEAR FROM YOU

This column is a series of intimate revelations from women about events that changed their lives. If you'd like to comment on this article, or if you have a story you'd like to share, write to: Box WW, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. Articles must be true, first-person events (all identities will be kept anonymous) and should be 1,000 words, typed double-spaced and accompanied by a self-addressed, stamped envelope. We will pay $750 for each article accepted for publication.



Oct. 14

Dear Downy-

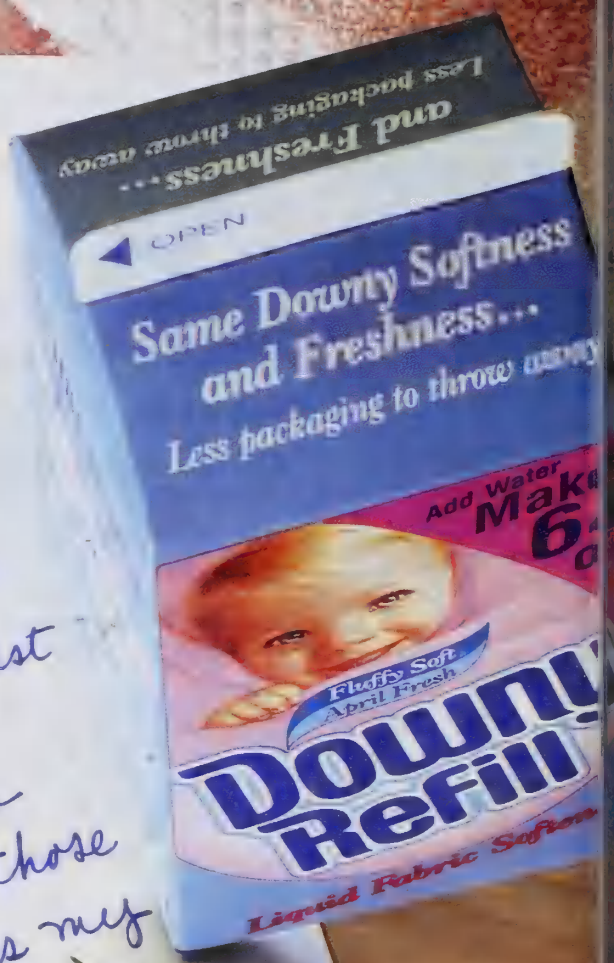
Thanks for creating the Downy Refill ☺
I have used Downy for its softness and smell for at least 20 years.
Now I find the refill an ecology boost - reusing those plastic bottles, and it makes my grocery load lighter. ☺

Penny Kovacs
Cranbury, N.J.

P.S. The boys tell me "the girls" like the April Fresh smell of their shirts.

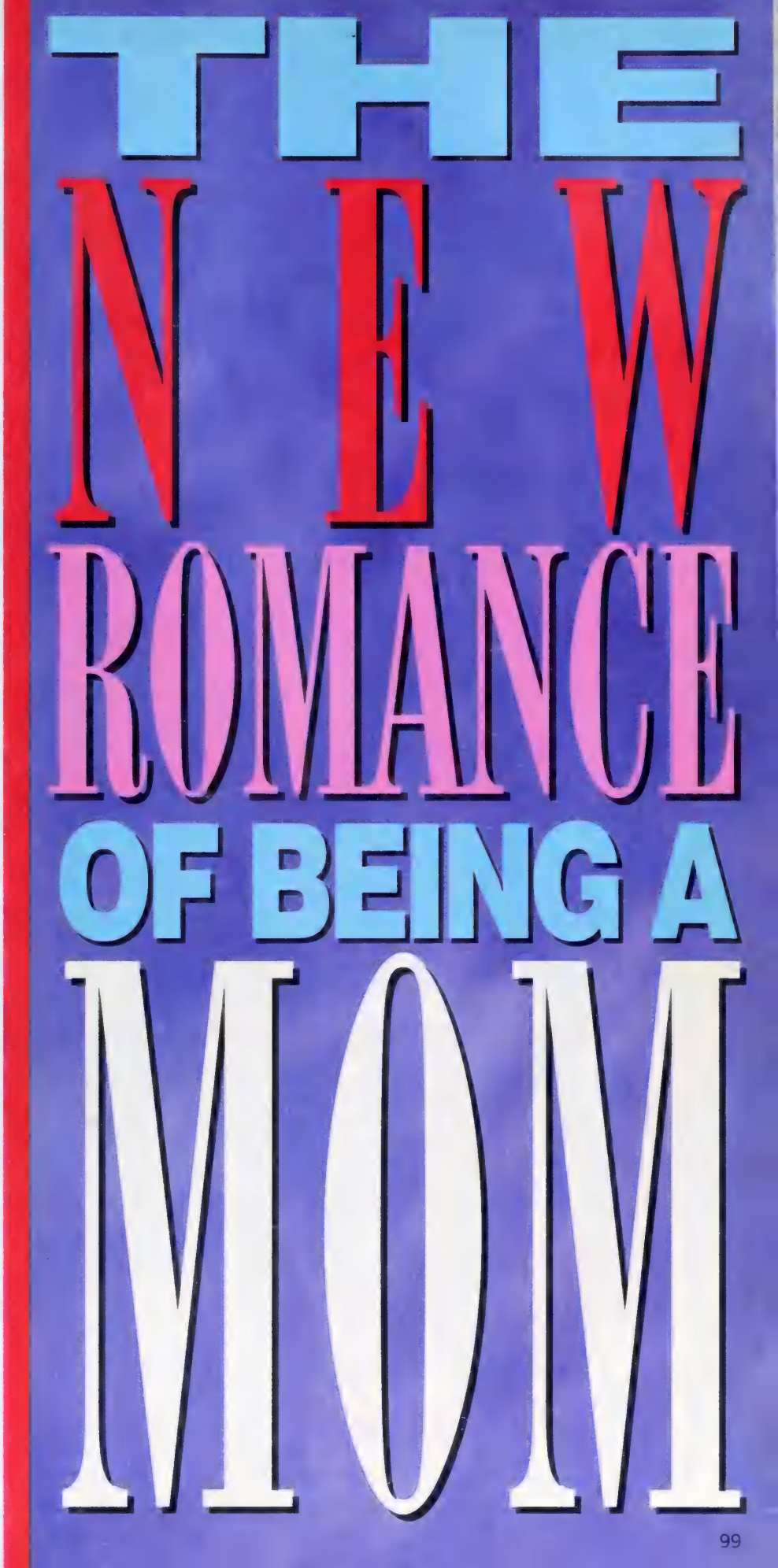


Penny Kovacs, Cranbury, N.J., with her sons, Tim and Todd.





The Downy® Refill.
So Much Softness.
So Little Trash.



LADIES'
HOME
JOURNAL
MARCH
1992

Married and single, young and not so young, women are once again deciding to have babies simply because they want them—even if it's not convenient, even at risk to their careers, health or relationships. *By Kathryn Casey*

If Melinda Bugarin didn't have it all at age thirty-four, she certainly had an enviable share. Married to a Los Angeles psychiatrist, this graduate of the Culinary Institute of America had worked her way up to chief pastry chef at L.A.'s trendy new Eureka restaurant. But sometime last year, she realized that something precious was missing: a baby.

She also came to another realization; she wasn't willing to put off parenthood until she reached some perfect stopping place in her profession. "I think I would feel very incomplete if I went through my life without children," says Bugarin, who was delightedly pregnant as we went to press and thinking about cutting her career back to part-time. "I want to be there raising my child," she says. "It's just the most wonderful thing that could happen to any couple."

Listen to the new lullaby of motherhood, observe the new romance of being a mom. Certainly, a boomlet of babies was born in the eighties. But so many of them—or at least the ones who were celebrated by the media—seemed to be arriving at just the right moment that wouldn't disturb a proper yuppie's career. Now, though, our role *(continued on page 176)*

Mom's the word

MEET FIVE CELEBRITIES WHO ARE REDEFINING THE ROLE OF MOTHERHOOD. SHARE THEIR PAIN, PASSION, LONGING AND JOY

Perhaps no woman better symbolizes today's strong maternal instinct than actress Ann Jillian (right), a courageous breast-cancer survivor who in early February is expecting to give birth by caesarean section to her first child, Andrew Murcia IV, at Cedars-Sinai Medical Center, in Los Angeles. Forty-two-year-old Jillian, who underwent a double modified radical mastectomy in 1985, feared the worst when a persistent case of indigestion sent her to a doctor last July. When she found out she was not sick but pregnant, she was overwhelmed. "This baby is a miracle," she declared. "It's like God nodding and saying, 'I'm pleased with what you've done.' God gave me back my life, and I am living my reward."

Until a few years ago, doctors advised breast-cancer survivors to forgo having children, fearing that the normal hormonal changes of pregnancy could promote a recurrence of cancer. Today they are no longer so restrictive. "Some of the women who become pregnant after cancer treatment actually appear to do better than their counterparts who don't," says Richard Theriault, M.D., an oncologist who is studying pregnancy and breast cancer at Houston's M.D. Anderson Cancer Center. "At the very least, you could *(continued)*









FAMILY MATTERS (FROM LEFT) CONNIE CHUNG, MEREDITH VIEIRA, DEMI MOORE AND GLENN CLOSE



(continued) say they don't do any worse."

Feeling more jubilant than she had in years, Jillian quickly called her husband of fifteen years, Andy Murcia, from her car phone to tell him the extraordinary news. The fifty-year-old ex-cop thought she was just joking—until he spoke with the doctor himself. By the time she got home, "he was flushed, his chin was down to the ground, and he was quiet," Ann later relayed. "Then we looked at each other and started laughing. Now I call him Big Daddy and he calls me Little Mama."

The delighted parents-to-be have been busy these past months looking for a new, larger Los Angeles home in which to raise their coming addition. And although Mom hasn't ruled out being a working mother—she had scheduled a singing appearance with the San Diego Symphony for two weeks after the baby is due—chances are she'll give the baby top priority.

Jillian and Murcia are quick to realize that for them parenthood is more than a personal victory—it is a public statement that women can not only beat cancer but triumph over it. "This baby comes with hope," Murcia has concluded. "Hope of a future for every woman out there who loses her breast to cancer." —K.C.

TICK, TICK, TICKING OFF THE BOSS AT *60 MINUTES*

Former *60 Minutes* correspondent Meredith Vieira says she caught on in her thirties to what many women realized too late: Sometimes, motherhood has to come first. "With every day I know the decision I made was the right one, and I have no angst about it," says Vieira, thirty-eight, who left the top-rated news program after she became pregnant with her second child and was told she could no longer maintain a part-time schedule at work. Vieira, who'd suffered a number of miscarriages, wanted to keep the lighter load to help ensure that she could carry to term and to allow time with her first-born, Benjamin, now three. Her departure set off a storm of response among some feminists, who were outraged by the network's unwillingness to compromise.

"I certainly miss *60 Minutes* and [regret] what that said about where I was in my career, but I would never be able to enjoy it if I knew it was at the cost of my kids," says Vieira now. She and husband Richard Cohen, a former CBS News producer, announced the birth of their second child, Gabriel, last August. "I believe if there is any way to swing it, the right place for a mom is with her kids. I know that isn't a popular viewpoint in this day and age, but I see the impact when I take my little boy to school and pick him up.

"In comparison to motherhood, *60 Minutes* was a pretty easy job," says Vieira, who still has a contract with CBS and is about to return to as a news correspondent when her maternity leave ends. "Morley, Mike, Ed and Steve don't know how easy they have it. I'm a hag now. I looked much better when I was on the road. At least I occasionally got in a bubble bath." — JOANNE KAUFMAN

WAKING LATE TO THE BIOLOGICAL CLOCK

Connie Chung made headlines a year and a half ago not for coming up with a hot story but for being one herself. Typifying a generation of women who had put career before cradle—and were now rethinking the situation—Chung asked for a large cutback in her on-air responsibilities so she could devote more effort to trying to get pregnant. She and her husband, Maury Povich, host of his own syndicated show, "have reached an important point in our lives," began Chung's announcement. "We want very much to have a child. Unfortunately, time is running out for me when it comes to childbearing."

Today Chung, forty-five years old, is still working a reduced schedule—filling in for Dan Rather on the *CBS Evening News* and anchoring the Sunday edition and a series of specials of *Face To Face*. Is her campaign strategy working? Chung's no longer publicly discussing the topic, and whether the shorter hours in quest of a pregnancy are a case of too little too late remains to be seen. —J.K.

NATAL ATTRACTION

Glenn Close may not have exactly planned to be a single mother—her daughter, Annie Maude, is almost four—but her view of matrimony as the ultimate *liaison dangereuse* suggests that such an outcome was inevitable. "I don't particularly think marriage is a natural state," says the forty-four-year-old actress, who's tried it twice and recently ended her romance with Annie's father, movie producer John Starke. "Too many women define themselves in terms of a man."

Part of the difficulty, Close believes, is that "men blossom under the nurturing of a good woman, while women don't often get that benefit from a man. I think of men and women as two different species. Katharine Hepburn said they should live next door and visit each other once in a while. Not a bad idea."

But whatever her discomfort with life in an altared state, Close has found nothing but delight in motherhood. "Annie's brought me an incredible amount of sensitivity, and I think she's made me a nicer person," Close told *LHJ*. "The public thinks I'm very controlled, and they're right. I'm much better at being vulnerable in front of a camera than I am in somebody's living room. But I'm working on it. Having a child is a great help with that." —J.K.

MORE IS MOORE

Scout LaRue Willis was a cover girl even before she was born on July 20, 1991. You saw her. Come to think of it, who could have missed her? She was hovering just inside the belly her famous mom-to-be, Demi Moore, bared on the cover of *Vanity Fair*. And with a shot that was seen around the world, twenty-nine-year-old Moore made it clear that pregnant women had more than a ghost of a chance of being sexy.

Hard to believe that just a few short years ago, Demi, also known as Mrs. Bruce Willis, seriously doubted that she wanted kids at all. Her own childhood had been less than storybook quality, she explained; she never really knew her real father and left home as a teenager. "Meeting Bruce instilled me with enough confidence to take the risk," the star of *Mortal Thoughts* and *The Butcher's Wife* has said. "All the reasons we came together had to do with having a family as a priority. That's what I wanted."

And that's what she has. In addition to Scout, Moore is the proud mother of three-and-a-half-year-old Rumer, whose videotaped birth is often hauled out and shown to critical acclaim among Mommy and Daddy's friends.

In fact, in the wake of the couple's last few box-office bombs, they may be more famous this year as parents than as stars. And if Demi and Bruce aren't sure of their standing in Hollywood, they always know what the score is at home. According to Mom: "With children, you don't have any reason not to trust them, because they'll truly tell you like it is . . . You always know where you stand." —J.K.



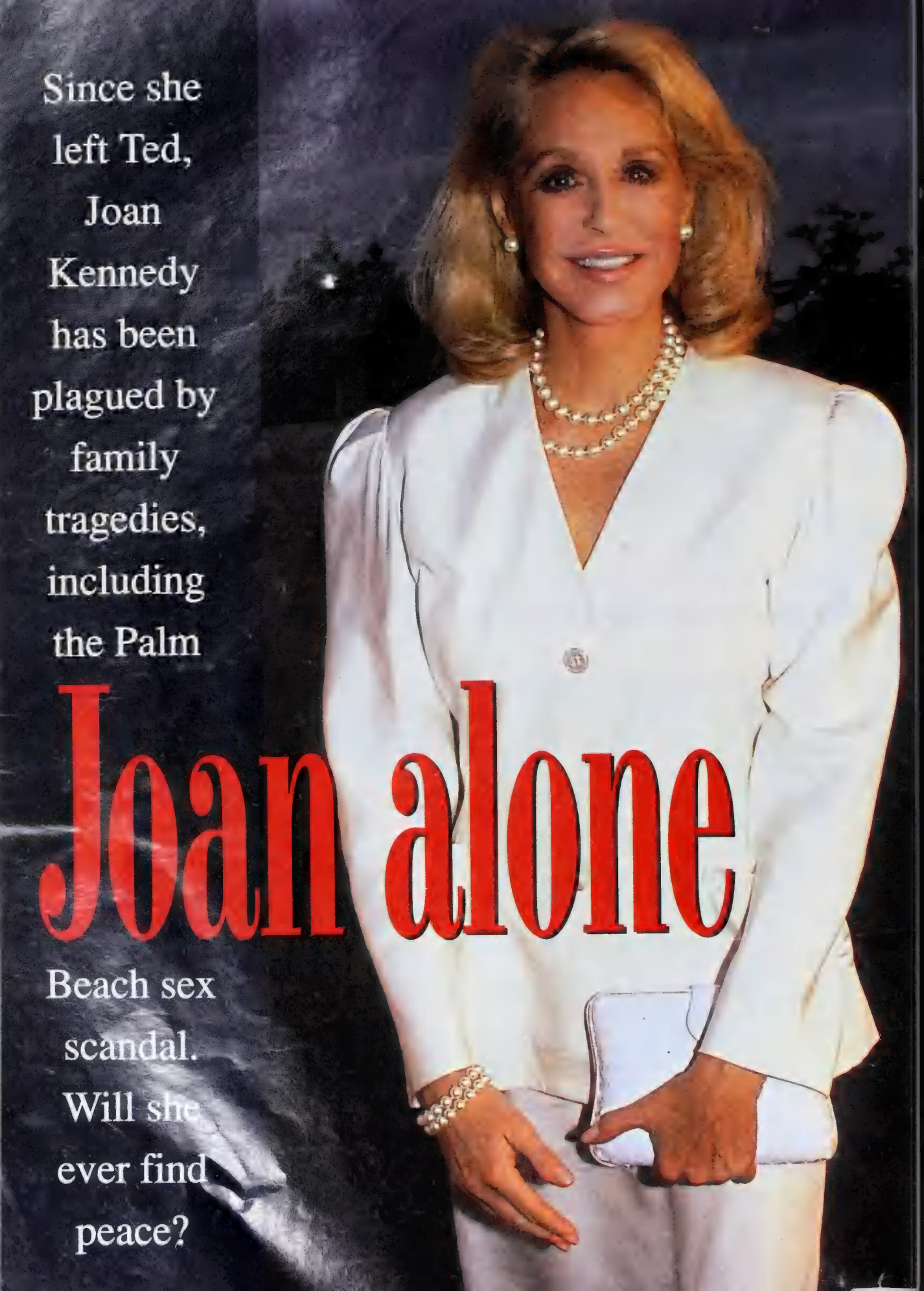
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Since she left Ted, Joan Kennedy has been plagued by family tragedies, including the Palm

Joan alone

Beach sex scandal. Will she ever find peace?

She could be any volunteer at Boston City Hospital, perched on a tiny chair to read a story to a group of rapt young patients. But very few do-gooders attract, as this one does, photographers and TV crews ready to record even her smallest word and gesture.

After she finishes the tale, about a violinist whose beguiling music makes fish fly and apple trees sprout ice-cream cones, she reads another story and then, reluctantly, tells her audience good-bye.

"How are you, Joan?" a reporter asks as she leaves the playroom. Joan glances guardedly at him. "I'm just great," she says, smiling slightly before moving on. She looks great, too, and younger than her fifty-five years. Her deep blue eyes are clear, and her softly shaped blond hair falls just below her chin. Her figure, in a black and gray knit sweater and skirt, is still as slender as it was when I interviewed her in the seventies.

Yet her poise and self-possession belie a sad reality: that Joan Kennedy, divorced almost ten years from Massachusetts Senator Edward Kennedy, has recently suffered some of the most embarrassing episodes of her life. First, she was humiliated by last spring's Palm Beach sex scandal, which began when her ex-husband took their son, Patrick, and a nephew, William Kennedy Smith, on a drinking spree that ended in a sexual encounter between Smith and a young woman. Although Smith was eventually acquitted of rape charges, and Patrick was not charged with anything, the gales of bad publicity seemed to shake Joan, a recovering alcoholic; last May, she was arrested for drunken driving in Quincy, Massachusetts. It was her second such arrest in the past three years, and when the incident became news, her friends say, she wept with shame.

There were other painful revelations to come: Last summer, Joan's other son, Teddy, Jr., thirty, a recent graduate of Yale University's School of Forestry, checked himself into a rehabilitation facility for treatment of alcohol abuse; and in December Patrick, twenty-five, a Rhode Island state legislator, admitted—after tabloids disclosed the *(continued on page 165)*







JOAN, THEN AND NOW (FROM TOP): A BEAUTY QUEEN IN 1950s BERMUDA; WITH TED, THE KIDS AND HER SON-IN-LAW AT PATRICK'S GRADUATION; READING A FAIRY TALE TO YOUNG HOSPITAL PATIENTS

BY LESTER DAVID

All photos, Brian Quigley.

Norman Lewiston, a prominent pediatrician, married three times, but he never got divorced. He lived a separate life with each woman. Then Lewiston died suddenly—and everyone learned the shocking truth: the doctor had three wives.



WOMEN THOUGHT HE WAS A TEDDY BEAR

By Andrea Gross

FAMILY

MALPRACTICE

Hundreds gathered last August on the campus of Stanford University to honor Norman Lewiston, a renowned pediatrician who had died at fifty-two of a heart attack several days before. As Lewiston's wife of six years listened to his colleagues laud his brilliant research in cystic fibrosis and the loving concern he had shown his patients, she was flooded with the grief and pride that are familiar to any widow. But there were other feelings as well: shame, shock, even fury. For Katy Lewiston, forty-four, could not forget the scandal that had come to light when Norman Lewiston died: The doctor was married not only to her but to two other women at the same time.

Neither of the doctor's other widows attended the Stanford ceremony, but—in testimony to their continuing love for this "teddy bear" of a man—each paid tribute in her own way. First wife Diana Lewiston, fifty-one, whom the doctor had married in 1960 and who was the mother of his three grown children, buried her husband's ashes in his native Iowa. And Robyn Phelps, forty-two, who had been married to Lewiston since 1989, mourned him, with her six-year-old daughter from a previous marriage, on a mountaintop near Robyn's San Diego home.

None of Lewiston's medical colleagues had known he was leading a triple life; Katy was the "public wife" who accompanied him to functions sponsored by Lucille Salter Packard Children's Hospital at Stanford, where he worked. But word was spreading fast at the Stanford memorial service. "Groups of people were talking, and those who had heard the news of his multiple wives were telling those who hadn't heard," says one of the mourners. Everyone was full of questions, the same questions that would be asked two months later, when the story broke in local newspapers. Why did chubby, affable *(continued)*

(continued) Lewiston get himself into such a predicament? How did he manage to deceive three well-educated, professional women?

Pretty soon the story was on the national news as well. Says hospital spokesman Diarmuid McGuire, "He was the last person you would suspect of having a complicated personal life. He made important contributions to medicine and to the well-being and survival of his patients, and now his reputation is colored by a personal life that doesn't really make any sense."

FIRST LIES

Katy, Robyn and Norman all met in the mid-seventies, when they worked together at the children's hospital. Katy was manager of patient registration and admitting, Robyn was a staff nurse, and Norman was chief of the allergy-pulmonary department. "We were kind of crazy back then," recalls Robyn, an attractive blond. "The work was so intense and the kids were so sick, we partied to relieve the tension."





Seduced and abandoned: Both Katy (left) and Robyn (right) must cope with overwhelming feelings of betrayal and loss

A lot of people around the hospital knew that Norman, although married to Diana, had had affairs with several women. At a holiday party in December 1976, a group of nurses decided to "audition," Robyn recalls, to be "the next person in Norm's life." Amid much giggling, they lined up, and each in turn planted a kiss on his lips. "Robyn," Lewiston announced, "is the winner."

Several days later he gave her a gold necklace, and by March they were seeing each other regularly. They went to Europe for three weeks; visited his mother on her Iowa farm (even though Robyn was later told she was furious at her son for bringing his girlfriend); and had picnics with his children. But Norm always went home to Diana.

Diana, Robyn says, made her position very clear one day when she called Robyn on the phone to tell her she knew about the affair. "I don't care what Norm does," Robyn remembers her saying. "As long as he doesn't divorce me, he can do anything he wants to." Occasionally she sent Robyn notes via Lewiston, and once she returned some personal belongings that Robyn had accidentally left in Lewiston's suitcase.

"Norm always said, 'I'm going to move out tomorrow,' but tomorrow never came," says Robyn. By 1981, almost five years after the affair began, she had had enough. She told Lewiston she was going to break off the relationship. "No," he said forcefully. "I'm getting a divorce." Sometime later he handed her what he said were his divorce papers. A friend of Robyn's, a legal secretary, recognized them as forgeries. Robyn, furious, told Lewiston she was breaking off the relationship then and there.

Lewiston apologized profusely and begged Robyn to move to Southern California with him. "It will be easier for both of us if we start a new life five hundred miles away," he said. Robyn refused. But shortly afterward, she was asked to administer a health-care program in San Diego. It was a major professional advance, so she sold her home in northern California and bought a split-level in a San Diego suburb.

In April 1982, Lewiston moved in with Robyn, telling her he had resigned from Stanford. The following six months, Robyn says, were the happiest of her life. Then, abruptly, heartbreakingly, he left. He hadn't actually resigned from Stanford, he told her; he had only taken a sabbatical. "It was obvious," Robyn says ruefully, "he'd gone back not just to Stanford but also to Diana. That was very, very hurtful to me."

ANOTHER WOMAN

Shortly after his return home to Palo Alto in 1982, Lewiston apparently grew restless again. Then he ran across Katy, who had quit her hospital job to open a secretarial firm. He asked her to lunch. "I assumed that he was divorced from Diana, because I knew he had moved to San Diego with Robyn," says Katy, a stunning brunet with high cheekbones and a husky voice. "I asked why he had left Robyn, but he said he didn't know." They started seeing each other regularly.

Meanwhile, in November 1984, Robyn married a San Diego orthodontist. Norm telephoned his congratulations, and three months later, he began sharing an apartment with Katy. Though the couple discussed

(continued on page 171)

We Just Reduced The Accident Rate In America.

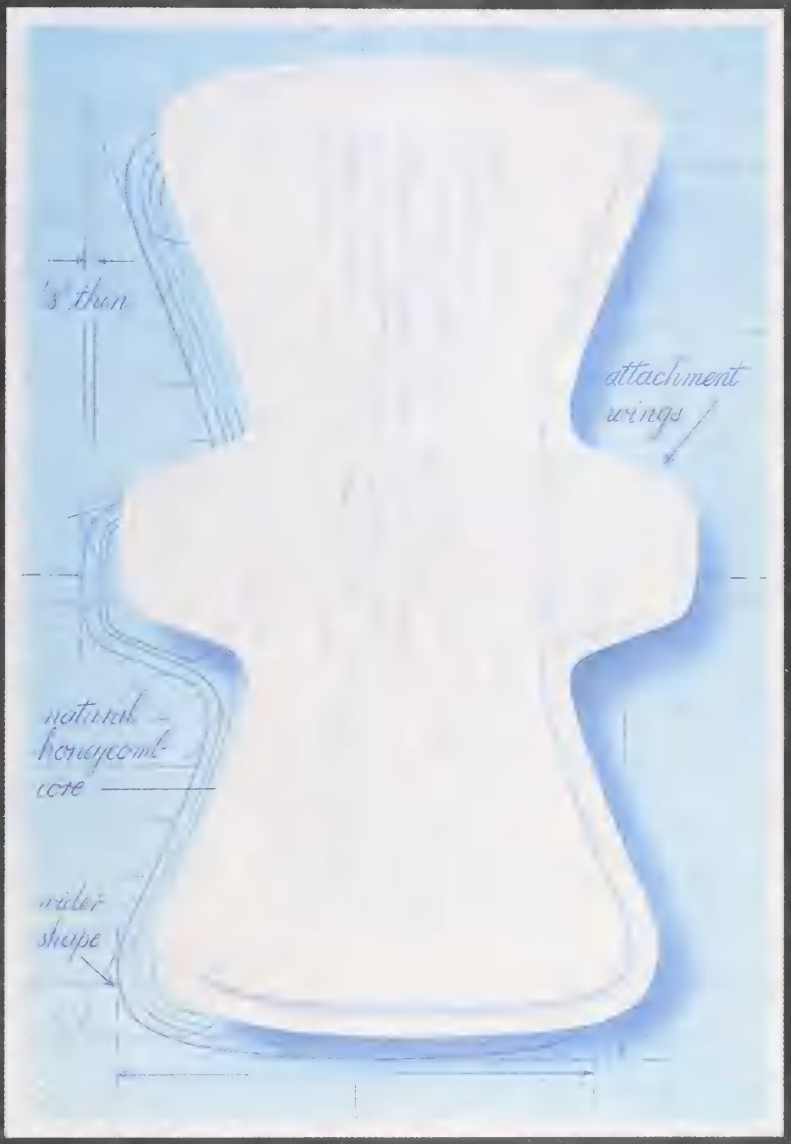
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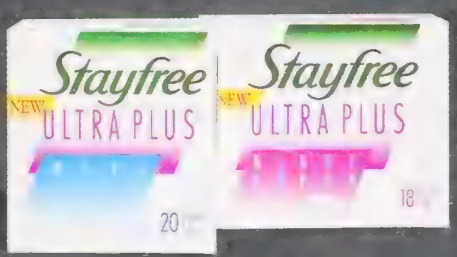
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STYLE



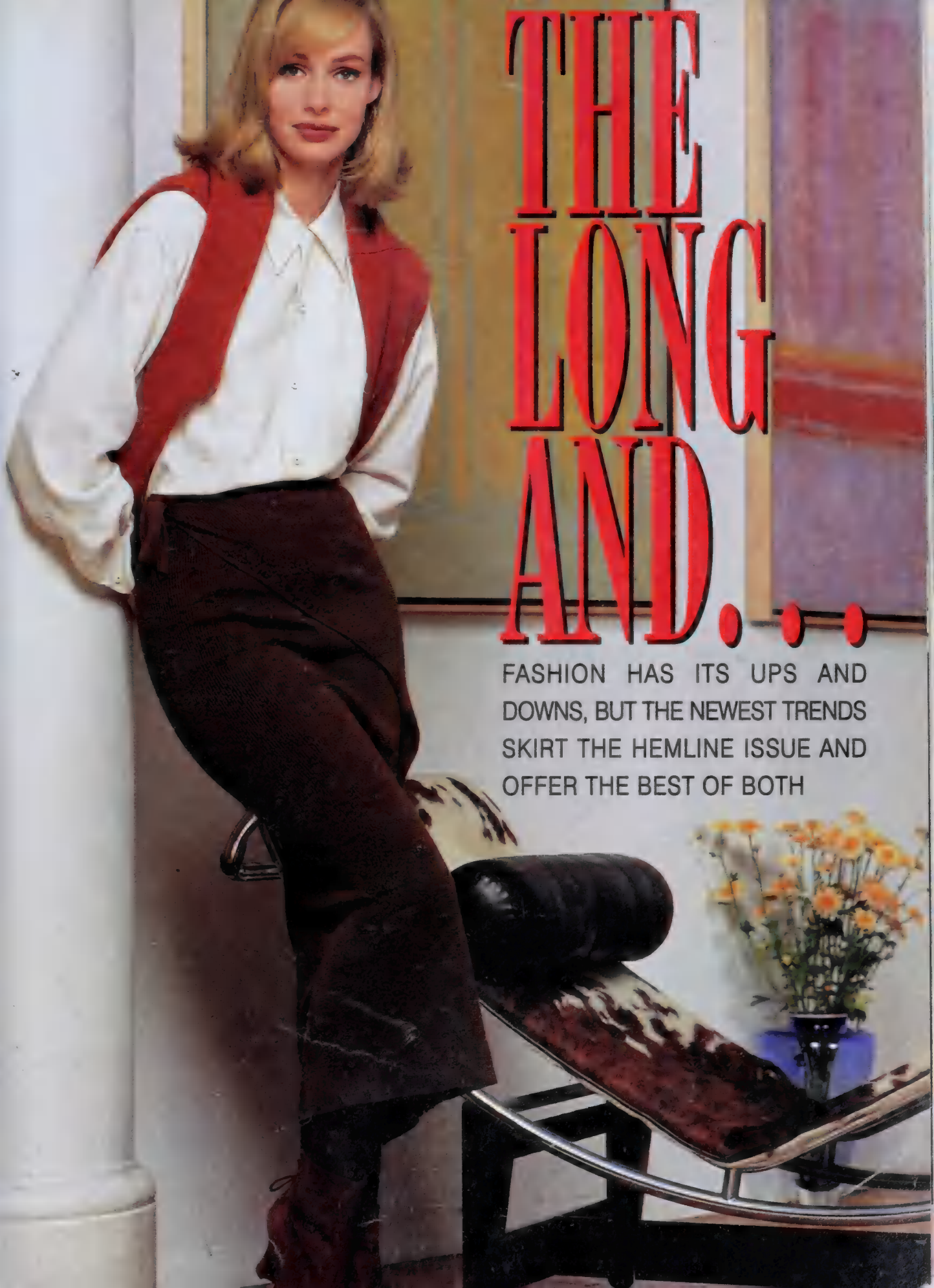
Photo, J. Hill. Hair, Gad Cohen for Gad Cohen Studio; makeup, Giana for Stephen Knoll Salon, NYC. Model, Leticia Herrera of Next. All makeup, Revlon. Details, page 166.

SET YOUR SIGHTS ON THE BEST: TOP TRENDS FROM HOT MAKEUP ARTISTS, THE LONG AND THE SHORT OF THIS SEASON'S NEWSIEST FASHION STATEMENTS, AND SUITE RETREATS IN A MOST LUXURIOUS HOME...DON'T SETTLE FOR ANYTHING LESS



LONG SKIRTS MAY SEEM SHOCKING AFTER YEARS OF HITTING NEW HEIGHTS, BUT THESE ARE SEXY AND CHIC. BODY-DEFINING DETAILS SUCH AS THIGH-HIGH SLITS AND SOFTLY WRAPPED WAISTS MAKE THE DIFFERENCE, AS DO A FEW CHOICE ACCESSORIES: BIG WHITE SHIRTS OR RIBBED BODYSUITS, LOW, GRACEFUL SHOES OR SHORT BOOTS OVER OPAQUE TONED-TO-SKIRT HOSE, AND ONE STANDOUT PIECE OF JEWELRY—SUCH AS AN EYE-CATCHING PENDANT. SIMPLY STUNNING.

All photos, J. Hill. Left: skirt and belt, Nicole Farhi; turtleneck, J. Crew; shoes Ann Taylor; hose, DKNY; jewelry, Patric Von Musulin; gloves, La Bagagerie. Rig skirt, Nicole Farhi; shirt, Equipment; boots, Maud Frizon; sweater, J. Crew; hose, Danskin; earrings, Erwin Pearl. Hair these four pages, Gad Cohen for G Cohen Studio. Makeup these four page Linda Mason for Linda Mason Element Model, Lauren Helm of Wilhelmina.



THE LONG AND...

FASHION HAS ITS UPS AND DOWNS, BUT THE NEWEST TRENDS SKIRT THE HEMLINE ISSUE AND OFFER THE BEST OF BOTH


...THE
SHORT
OF IT



On the flip side, the shorts to sport are classic and tailored, with pleats and a narrow waistband. Shorts take a fashionable turn as a suit look—either casual with a big blazer and opaque hose or dressier with a matching long jacket. What's in step: flat shoes or very low heels. Tip: Just for kicks, some shorts are coming up very short. Always try before you buy.

Far left: jacket, shorts, tee and scarf, J. Crew; belt and hose, Liz Claiborne; watch, Pulsar; bracelet, Erwin Pearl. Left: suit, Philippe Adec; shirt, J. Crew; hose, Danskin; belt, Dame; necklace, Patricia Von Musulin.

Facial attraction

WHAT MAKES A GREAT FACE? GOOD BONES HELP, OF COURSE, BUT MORE OFTEN THAN NOT IT'S THE RIGHT MAKEUP, EXPERTLY APPLIED BY A GREAT MAKEUP ARTIST. A PRO KNOWS JUST HOW TO ACCENTUATE THE POSITIVE, ELIMINATE THE NEGATIVE AND PRESENT A MODEL OF PERFECTION. THOUGH THEIR HANDIWORK SEEMS EFFORTLESS, DON'T TAKE IT AT FACE VALUE: THE RESULTS ARE SO INFLUENTIAL THEY DICTATE THE BEST BEAUTY TRENDS. WHAT DO THEY KNOW THAT WE DON'T? WE ASKED THREE SUPERSTARS TO TAKE US BEHIND THE SCENES AND SHARE THEIR SECRETS AND TRIED-AND-TRUE TECHNIQUES. BY WATCHING THEM PERFORM THEIR MAGIC, WE DISCOVERED THAT EACH ARTIST HAS A SIGNATURE STYLE THAT ANYONE CAN COPY.

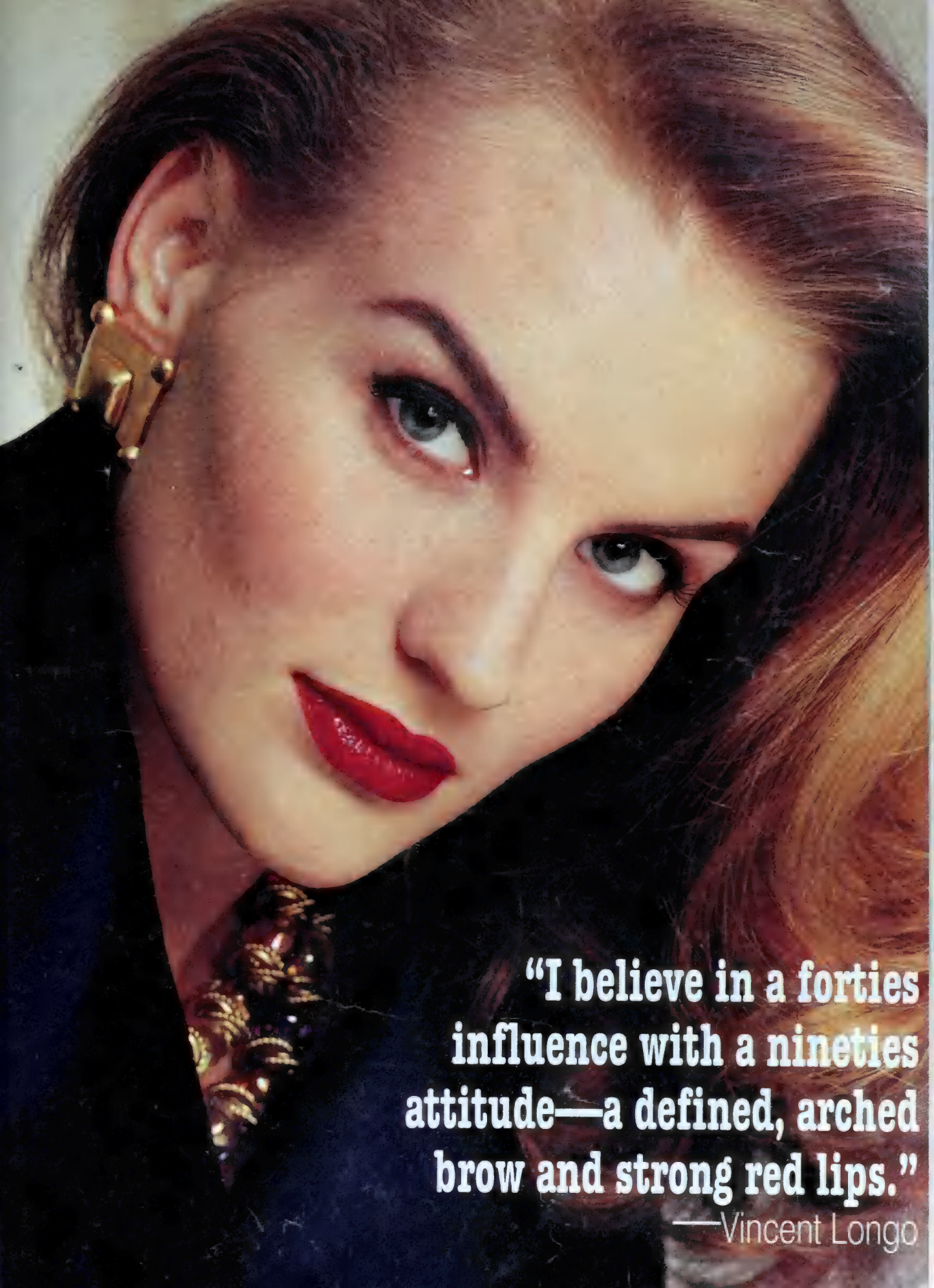


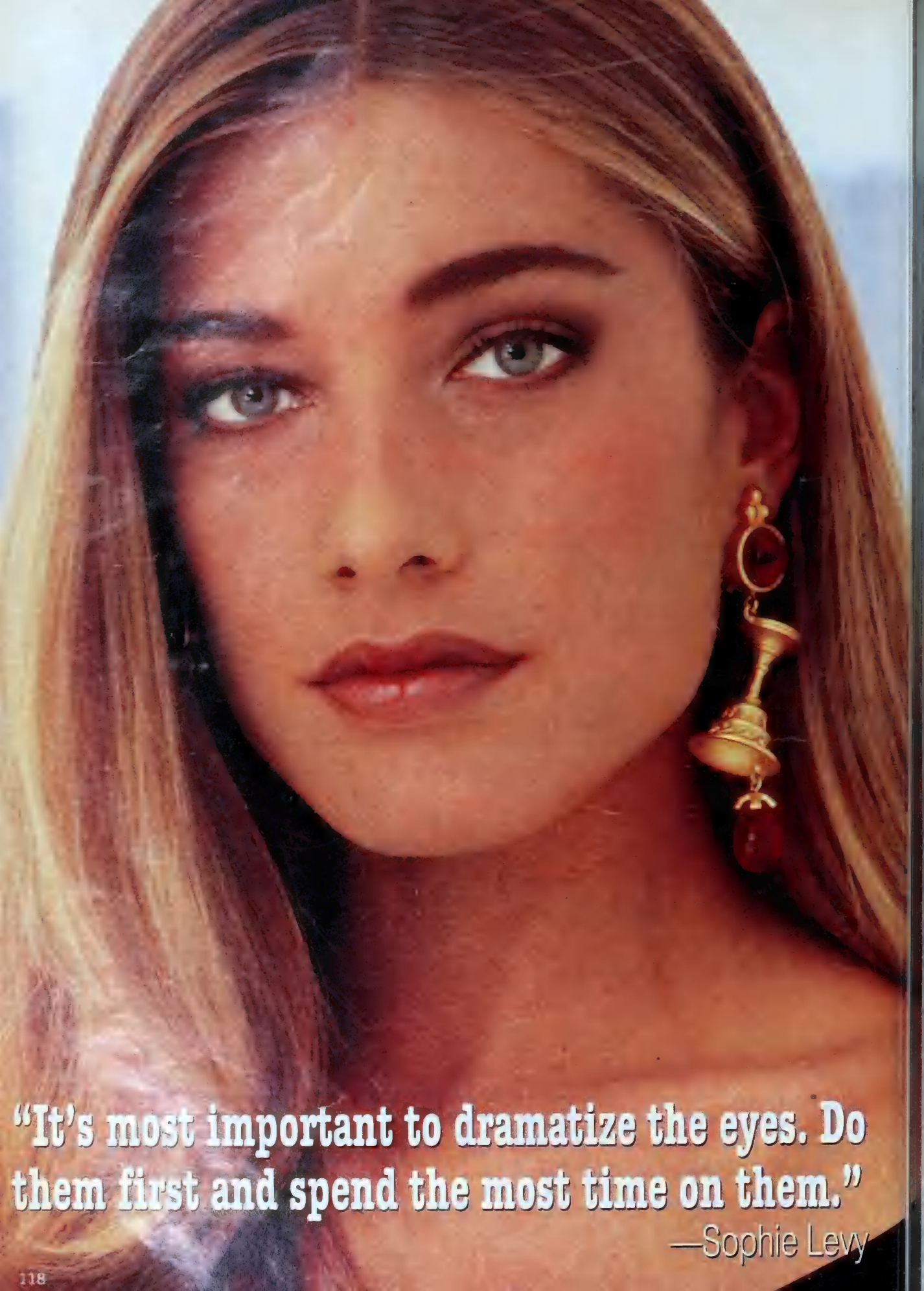


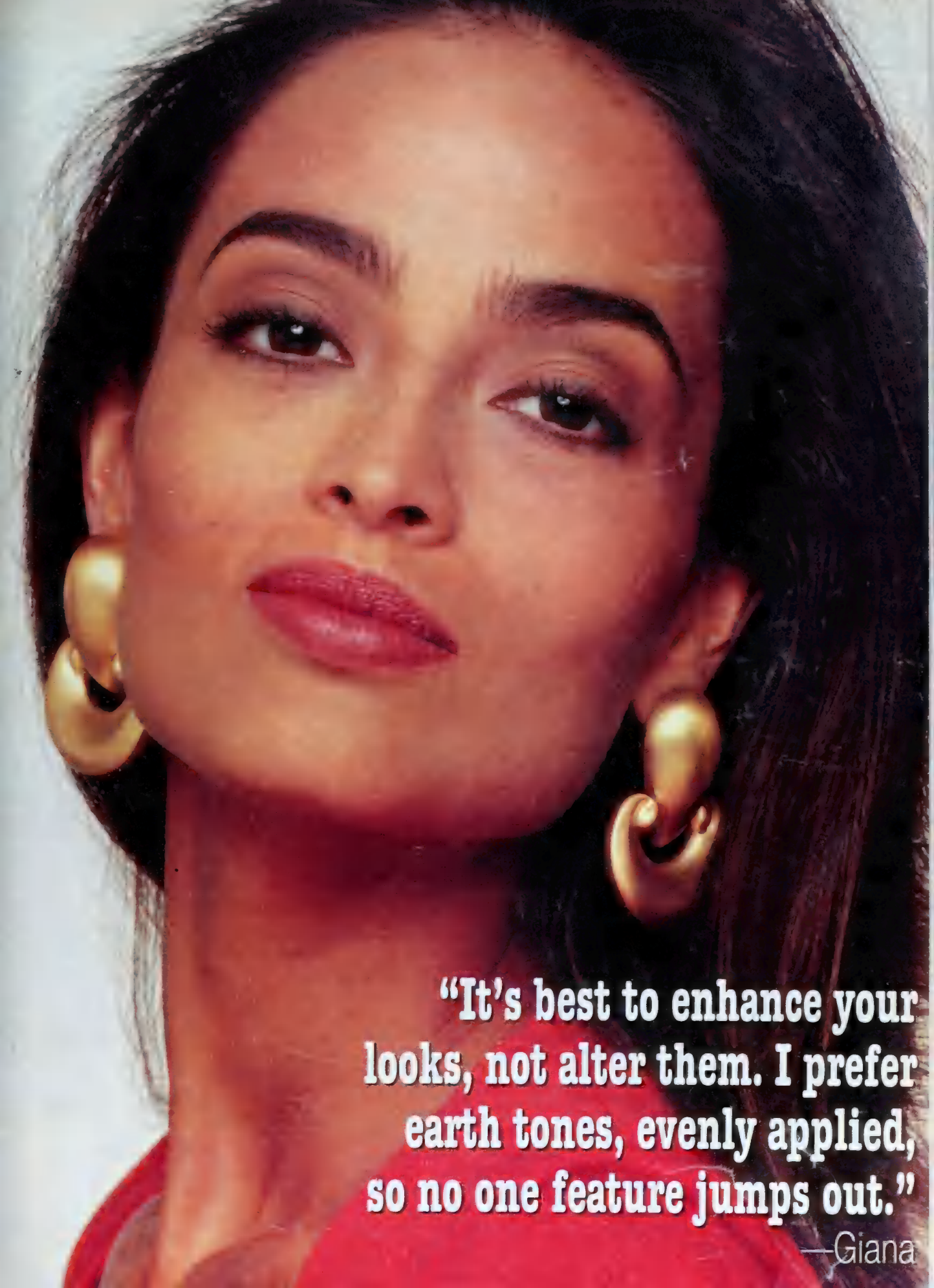


THE MASTERS, FROM LEFT: VINCENT LONGO, CREATIVE CONSULTANT TO REVLON, CREATES ALL-OUT GLAMOUR FOR CLIENTS LIKE CINDY CRAWFORD; SOPHIE LEVY PLAYS UP NATURAL BEAUTIES LIKE CHRISTIE BRINKLEY; GIANA LOVES EARTHY LOOKS, AS DO HER CLIENTS, INCLUDING ISABELLA ROSSELLINI.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

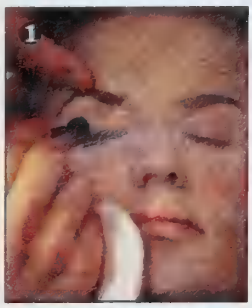

"I believe in a forties influence with a nineties attitude—a defined, arched brow and strong red lips."
—Vincent Longo

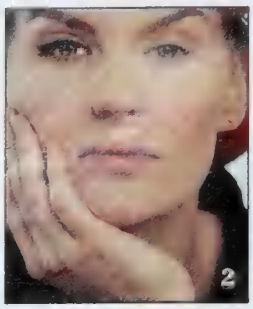

"It's most important to dramatize the eyes. Do them first and spend the most time on them."
—Sophie Levy


"It's best to enhance your looks, not alter them. I prefer earth tones, evenly applied, so no one feature jumps out."
—Giana

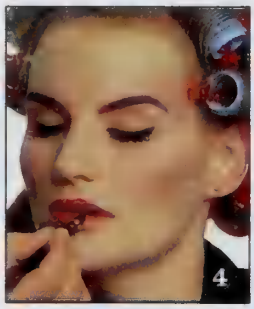
Facial attraction

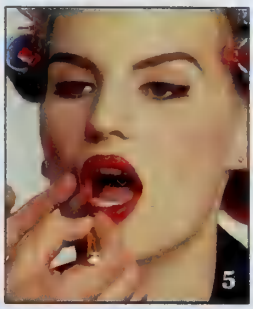
ALL THREE LOOKS WORK FOR EVERYONE, BUT EACH IS A DISTINCTIVE STYLE. CHOOSE THE ONE THAT BEST SUITS YOUR FEATURES AND THE IMAGE YOU WANT TO PROJECT. THE STEP-BY-STEP TECHNIQUES ARE EASY TO FOLLOW AND GUARANTEED TO TURN YOU INTO A MAKEUP ACE







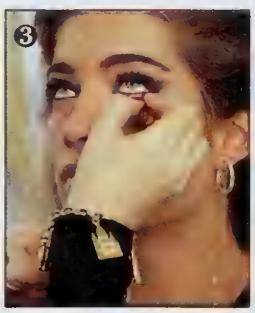




VINCENT LONGO'S GLAMOUR LOOK ❶ It's the combination of a strongly shaped, groomed brow and neat liner on the top lid that really lifts the eye and gives the face a modern sophistication. You want the brow to have a clean line; pluck strays from underneath. I rely on three shadow shades that work for everyone: peach on the lid, ivory on the browbone and charcoal along the lashline. This trio subtly sculpts the eye and exaggerates the shape. Use a sponge-tip applicator and blend with circular motions. ❷ Notice how dramatic the made-up eye looks compared to the bare eye. I like adding a strip of false eyelashes. Apply a coat of mascara to blend the real with the fake. ❸ Raise the brow arch with brow makeup. Try Revlon Natural Brows Color & Style System, a brush-on gel powder that dries matte. ❹ I use blush but in a very delicate, no-color way, just to warm up the complexion. Next comes the lips. I love the look of a real red mouth with this makeup. ❺ Define and color the lips with a pencil first, then apply the lipstick with a brush. Robe, Descamps. Model, Carmen Smith of Click. All makeup, Revlon. Details, page 166.





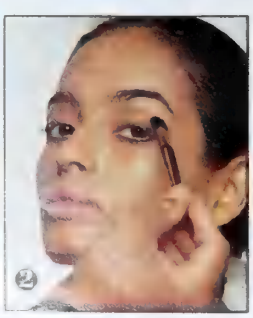


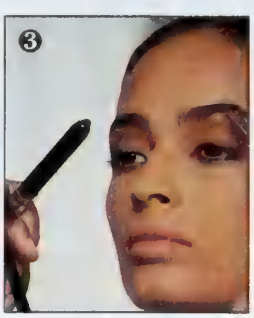




SOPHIE LEVY'S BOLDLY NATURAL LOOK ❶ I always do the eyes first. You can clean up any smudges afterward and then do foundation. Elongate the brow horizontally to give the eye more prominence. To shape the eye, I start with a soft eye pencil and create a "C" at the outer corner, from the lashline up into the crease. Blend, then go over with an earth-tone powder shadow. Blend again, so the color is sheerer on the lid, deeper at lashline. ❷ I like black liquid liner pen on the upper lids for the boldest definition. ❸ Although I keep all the attention on the upper lid, I do blend a bit of shadow along the outer corner of lower lid. ❹ Next, I clean up any mistakes and apply undereye concealer. Foundation follows, dotted on with my fingertips. ❺ After the foundation, dust on powder for a matte finish. Lips are last—I think a natural lip looks best. Use a lip balm to soften and help lipstick last. Line lips with a color similar to the lipstick, then apply the lipstick. For the sexiest lips: I apply red to the center of the lower lip for volume and dimension. Robe, Descamps. Model, Francesca Bonicoli of Men/Women. All makeup, Revlon. Details, page 166.











GIANA'S DOWN-TO-EARTH LOOK Instead of applying makeup and blending it down, my secret is to layer shades of color so there are never hard edges. ❶ I always start with a mist of mineral water and moisturizer on the face. To begin the eyes, I trace black pencil under lower lashes and at outer edge of the upper lid to give the eye an elongated shape. I use dark brown and lighter brown to rim the upper lids close to the lashes and blend to a blur. I go over this with translucent powder. ❷ I then brush a black pencil and apply it to the arc of the crease; a neutral beige shadow is blended over the entire lid. The browbone is highlighted with a matte beige, and black mascara is brushed on lashes. ❸ Brows should be clean and tweezed but not pencil-thin. I use a small, stiff brush to brush color off a brow pencil and then apply the color to the brows. ❹ I powder the face and dust a neutral blush on apples of cheeks, on chin and on temples. ❺ A neutral lip is my favorite. Line and fill in the lips with nude pencil and follow with a natural lipcolor. Robe, Ralph Lauren. Model, Letitia Herrera of Next. All makeup, Revlon. Details, page 166.

All photos, J. Hill. Hair, Gad Cohen for Gad Cohen Studio. Page 117: Jacket, Armani & Thierry Gillier; necklace, Jay Snodgrass; earrings, Karl Lagerfeld. Page 118: Dress, Jay Savage; jewelry, Karl Lagerfeld. Page 119: Dress, Tripp; earrings, Patricia Von Musulin.



mart SM

Jaclyn Smith Spring Collection. The freshest looks in the freshest colors. Solid, brightly-colored blazers, to pair with tailored slacks and skirts, in coordinating shades. Plus soft, silky shells, blouses, and full, sweep skirts, in dot and floral prints. All at low Kmart prices.

Jaclyn Smith™

New Campbell's Broccoli Cheese Soup.

Now You're Cookin'.



M'm! M'm! Good!



Everyday Broccoli Cheese Chicken

1 tbsp. margarine
4 skinless, boneless chicken breast halves (about 1 lb.)
1 can Campbell's® NEW Broccoli Cheese Soup
½ cup water or milk
⅛ tsp. pepper
2 cups broccoli flowerets

1. In skillet over medium heat, in hot margarine, cook chicken 10 min. or until browned on both sides. Spoon off fat.
2. Stir in soup, water and pepper. Heat to boiling. Add broccoli. Reduce heat to low. Cover; simmer 10 min. or until chicken is fork-tender and broccoli is done, stirring occasionally.

4 servings.

Prep time: 5 min.
Cook time: 25 min.



Anytime Broccoli Cheese Sauce

1 can Campbell's NEW Broccoli Cheese Soup
½ cup milk

1. Combine soup and milk.
Conventional: Over medium heat, heat until hot and bubbling, stirring often.
Or Microwave: Microwave, uncovered, on HIGH 5 min. or until hot and bubbling, stirring halfway through heating.
2. Serve over vegetables such as broccoli, cauliflower and carrots. Makes 1½ cups.

Prep time: 3 min.
Cook time: 5 min.

Parmesan Broccoli Sauce: Add ¼ cup grated Parmesan cheese.



Cheddary Scalloped Potatoes

2 tbsp. margarine
1 small onion, sliced
1 can Campbell's NEW Broccoli Cheese Soup
½ cup milk
⅛ tsp. pepper
4 medium potatoes, cooked and sliced (about 3 ½ cups)

1. In skillet over medium heat, in hot margarine, cook onion until tender.
2. Stir in soup, milk and pepper. Heat to boiling. Add potatoes. Reduce heat to low. Cover; simmer 5 min. or until hot and bubbling, stirring occasionally. Garnish with parsley sprig if desired.

4 servings. Recipe may be doubled.

Prep time: 25 min.
Cook time: 10 min.

For cheesier flavor: Add ¼ cup shredded Cheddar cheese with soup.

©1991 Campbell Soup Company



Suite dreams

...ARE MADE OF THESE: A MAGNIFICENT MASTER BEDROOM AND STATE-OF-THE-ART SPACES JUST FOR KIDS THAT COMBINE THE BEST OF MODERN DESIGN AND CLASSIC STYLE. IN PART TWO OF OUR NEW AMERICAN HOME TOUR, YOU'LL SEE WHY THEY'RE THE STUFF THAT DREAMS ARE MADE OF.

BY TAMARA SCHNEIDER, CREATIVE DIRECTOR



Left: Shades of cream and taupe and an interesting pattern play make this master suite the height of sophistication. Right: The master bath doubles as a dressing room. The heated towel rack is one of our favorite high-tech extras





how suite it is: A king-size bed lavished with lacy white linens becomes the ultimate hideaway with a floral-lined canopy that reaches to the floor. But this elegant master suite is more than just a sleeping beauty: there's a glass-fronted fireplace, an intimate sitting area by a bay of sun-splashed windows (a perfect spot to sip a cup of coffee before the morning rush hour), a pair of walk-in closets that provide plenty of room for the clothes-minded (one even features a dry-cleaner-style revolving rack so a suit can be filed by style or season). As if all this weren't indulgent enough, just step into the master bath: a room built for two that's as big as most bedrooms, with a set of marble sinks, storage galore, an oversize shower (that doubles as a steam bath) and a tiled whirlpool tub. There's even a cushy chair to rest in when all this pampering gets too exhausting. With elegant extras like tub-side candles and gilt-framed mirrors, this hideaway could soak up hours of your day.

All photos, Jon Jensen



Bedtime stories: These days, little girls' rooms aren't made of sugar and spice. A pastel palette of turquoise and peach keeps it sweet, but this bedroom's all grown up, with a classic Mission-style bed, country armoire, Shaker nightstand and cushioned wicker chaise. Right next door is where the boys are, in a modern, bright room that's built for fun, fun, fun. There's a curvy red iron bunk bed with a twist: a double mattress on bottom and a twin on top for a sleepover pal; a desk that turns into a drafting table at the touch of a button (a halogen floor lamp encourages bright ideas); and even a mini pool table that lets sharks-in-training hone their skills (after their homework's done, naturally). A bathroom connects the kids' quarters, and although siblings aren't known to share and share alike, this room offers enough space and storage for everyone, with two sinks, two dressing areas and lots of cabinets to minimize countertop clutter. A novel feature of the shower is a big tile step—to make getting in and out easier on little feet. Such suite surprises.









The walls of the children's rooms were kept simple on purpose: Not only does a light background let furnishings make a bold statement, a pale shade of paint allows kids to decorate with posters and other wall art—musts for self-expression

All photos, Jon Jensen; interior designers, Michael Foster and Charles Riley; architect, Ron Goldman of Goldman/Firth/Boccato, Los Angeles; builder, Christopher Home, Las Vegas. Details, page 166.

Now, clean the baking without the shaking.

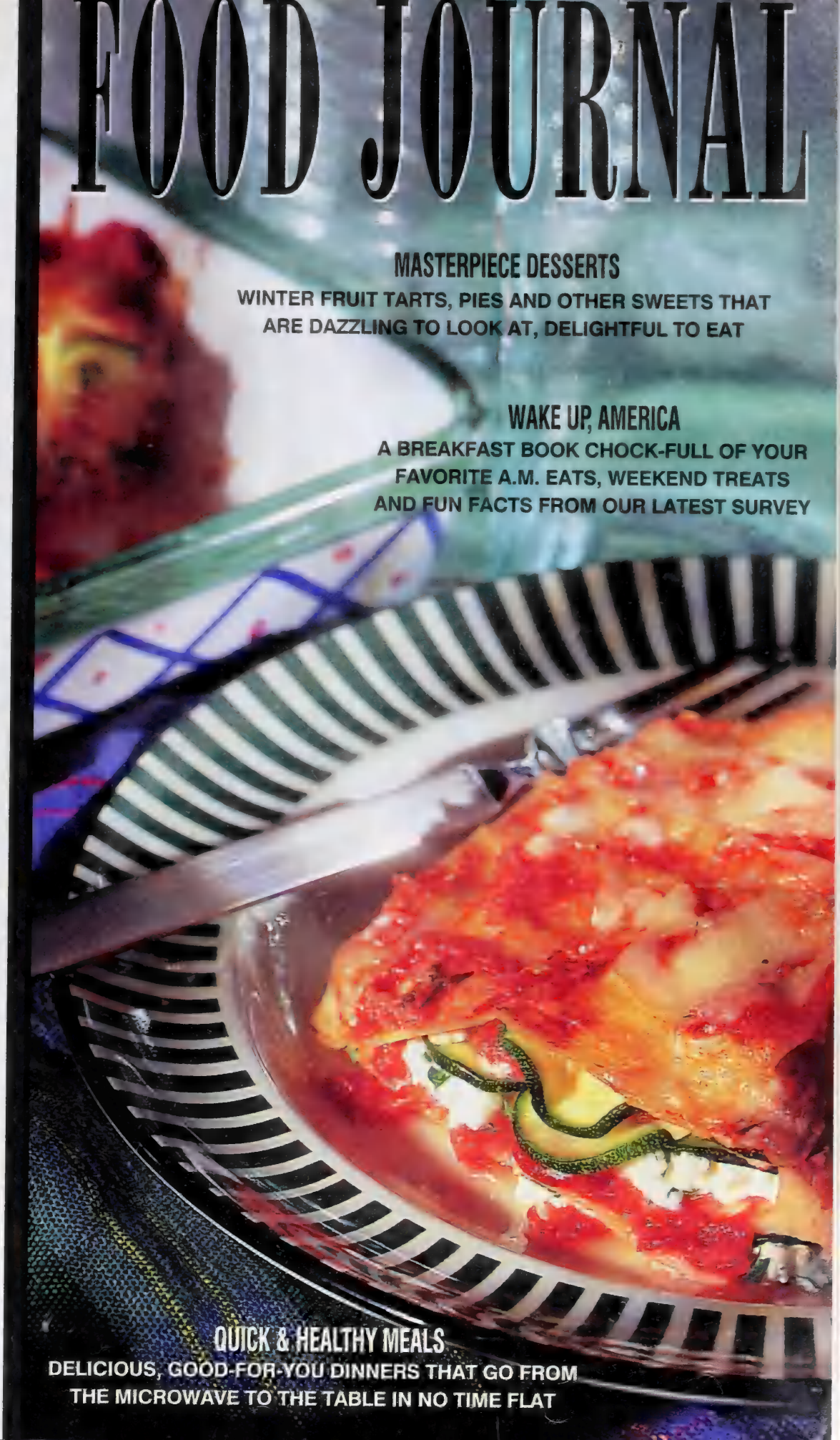
Introducing the power of Sunlight in a no shake gel.



Sunlight. We make light work of dishes.

"No waste" refers to reduced residue in bottle.

FOOD JOURNAL



MASTERPIECE DESSERTS

WINTER FRUIT TARTS, PIES AND OTHER SWEETS THAT ARE DAZZLING TO LOOK AT, DELIGHTFUL TO EAT

WAKE UP, AMERICA

A BREAKFAST BOOK CHOCK-FULL OF YOUR FAVORITE A.M. EATS, WEEKEND TREATS AND FUN FACTS FROM OUR LATEST SURVEY

QUICK & HEALTHY MEALS

DELICIOUS, GOOD-FOR-YOU DINNERS THAT GO FROM THE MICROWAVE TO THE TABLE IN NO TIME FLAT



"GONE WITH THE WIND" © 1939 Turner Entertainment Co.
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"Marry Me, Scarlett!"

Shown smaller than actual diameter of 8½ inches

© 1991 W. S. George

Relive the passion of *Gone With the Wind*™ a Bradford Exchange recommendation



Powerless to resist Rhett Butler's passionate embrace, Scarlett O'Hara finds herself breathlessly accepting his proposal of marriage. Now, this romantic moment from one of the best-loved movies of all time is re-created in a fine-china collector's plate. "Marry Me, Scarlett!" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Marry Me, Scarlett!" is an important first issue, the first plate in the *Critic's Choice: Gone With the Wind* collection from W. S. George Fine China in affiliation with the Bradford Exchange.

It is an impressive work of art, by Paul Jennis, capturing all the fire and passion of Scarlett O'Hara and Rhett Butler's stormy relationship. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Marry Me, Scarlett!" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, at just $21.50 – a plate that last traded at $219.00.* More recently, if you had acquired "Scarlett and Her Suitors," an exceptional plate from W. S. George's *Gone With the Wind: Golden Anniversary* series, you would now own a plate nearly three times its issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Marry Me, Scarlett!" as one of the year's top prospects. . .and we'll back up your purchase with our 365-day money-back guarantee.

To acquire "Marry Me, Scarlett!" at its $27.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Marry Me, Scarlett!" is now – *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. III-10.

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A BRADFORD EXCHANGE RECOMMENDATION APPROVED

Please Respond Promptly

"Marry Me, Scarlett!"

The Bradford Exchange
9345 Milwaukee Avenue, Chicago, IL 60648

Please enter my order for "Marry Me, Scarlett!" I understand I need SEND NO MONEY NOW. I will be billed $27.50*, when my plate is shipped. *Limit: one plate per customer.*

X _____ ( ) _____
Signature Telephone

Mr. Mrs. Ms. _____
(Circle One) Name (Please Print Clearly)

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Address

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City State Zip

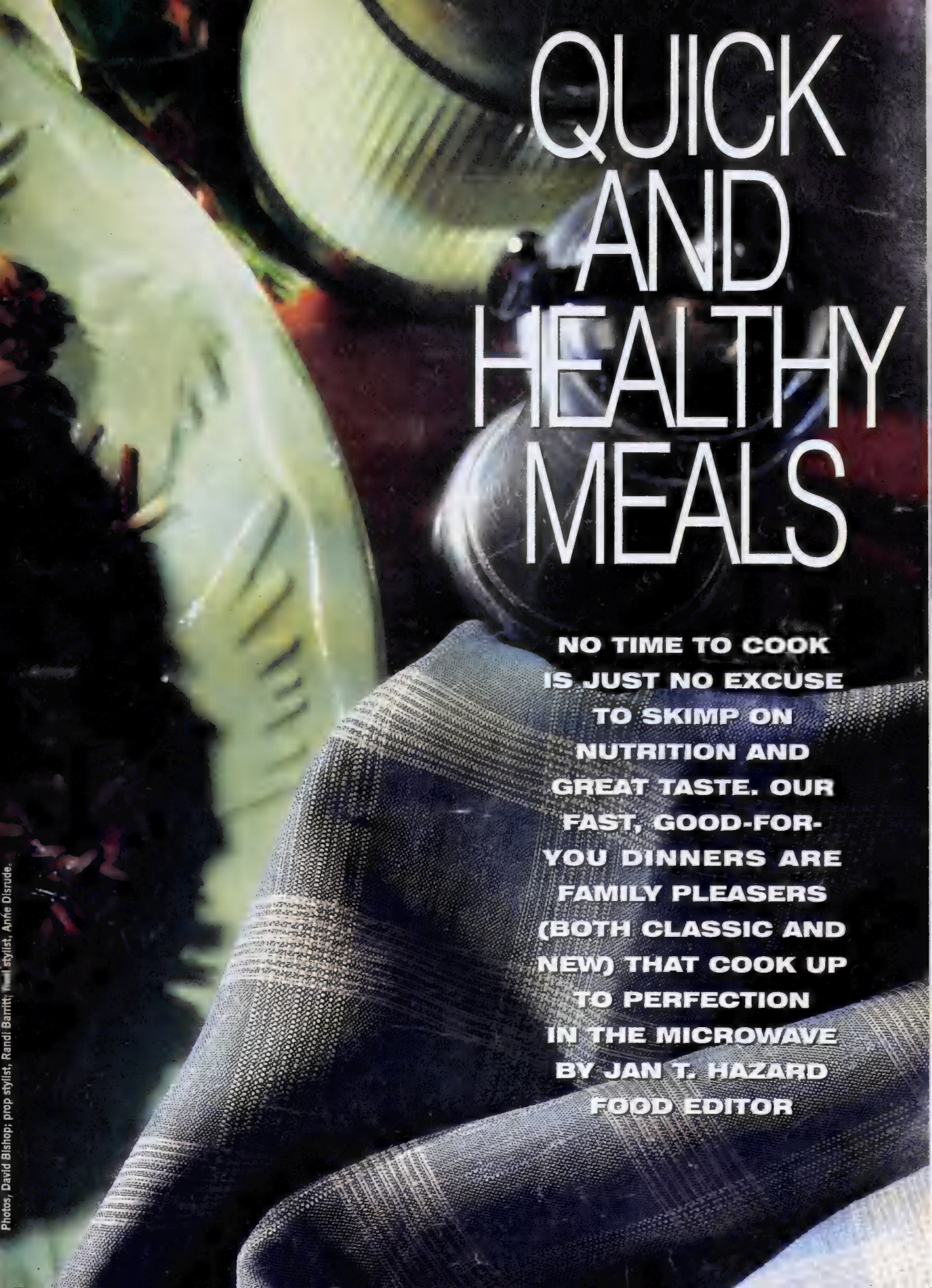
*Plus a total of $3.49 postage and handling, and sales tax where applicable. Pending credit approval. The plate price in Canada is $39.50.

5561-E88091

Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.





QUICK AND HEALTHY MEALS

NO TIME TO COOK IS JUST NO EXCUSE TO SKIMP ON NUTRITION AND GREAT TASTE. OUR FAST, GOOD-FOR-YOU DINNERS ARE FAMILY PLEASERS (BOTH CLASSIC AND NEW) THAT COOK UP TO PERFECTION IN THE MICROWAVE

BY JAN T. HAZARD
FOOD EDITOR

Photos, David Bishop; prop stylist, Randi Barrett; [illegible] stylist, Anne Disrude.

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

SHRIMP WITH SPINACH AND GARLIC



This perfect marriage of flavors tastes like scampi—without the fattening butter. Crusty bread is a must for soaking up all the scrumptious juices. Tip: Microwaving shrimp on Medium prevents it from cooking too quickly and getting tough.

Prep time: 15 minutes plus standing ○Ⓜ
Microwave time: 10 to 16 minutes

¼ cup chopped fresh parsley
1 tablespoon minced shallots
2 teaspoons minced garlic
1 teaspoon olive oil
½ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon grated lemon peel
1¼ pounds medium shrimp, peeled and deveined
1 pound fresh spinach, rinsed, stemmed
Lemon wedges, for garnish

Combine parsley, shallots, garlic, oil, salt, pepper and lemon peel in 9-inch microwaveproof pie plate. Add shrimp and toss to coat evenly. Refrigerate 15 minutes.

Meanwhile, place spinach with water clinging to its leaves in 2-quart microwaveproof casserole. Cover and microwave on High 5 to 8 minutes, stirring once after 3 minutes.

Let stand. Cover shrimp and microwave on Medium (50% power) 5 to 8 minutes, until just pink. Let stand 2 minutes.

Drain spinach and place on serving platter; top with shrimp. Garnish with lemon wedges. Serve with steamed rice and crusty bread. Makes 4 servings.

Per serving		Daily goal
Calories	180	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	209 mg	300 mg or less
Sodium	543 mg	2,400 mg or less
Carbohydrates	5 g	55 g to 90 g
Protein	30 g	250 g or more

MUSTARD-GLAZED HAM STEAK WITH CABBAGE



BARGAIN RECIPE OF THE MONTH *Fully cooked ham steak is a natural for the microwave, cooking up quickly and evenly every time. Ham, like all pork, is leaner than ever—it's smart to compare labels.*

Prep time: 10 minutes ○Ⓜ
Microwave time: 12 minutes

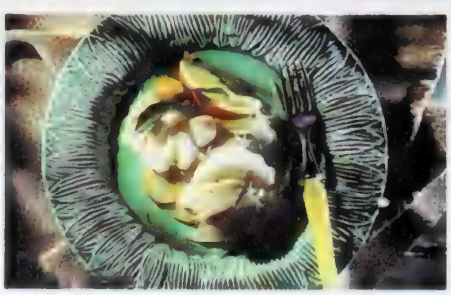
1 tablespoon olive oil
¼ cup finely chopped onion
Pinch red pepper flakes
4 cups thinly sliced green cabbage
1 tablespoon Dijon mustard
2 teaspoons honey
1 teaspoon red wine vinegar
1 fully cooked ham steak (1-1¼ lb.)
Freshly ground pepper
1 tablespoon chopped fresh parsley

Combine oil, onion and pepper flakes in shallow 2-quart microwaveproof casserole. Cover and microwave on High 2 minutes, stirring once. Stir in cabbage; microwave covered 3 minutes more.

Combine mustard, honey and vinegar in cup. Place ham steak over cabbage; spread with mustard mixture. Cover and microwave on Medium-High (70% power) 7 minutes or until ham is heated through. Sprinkle with pepper and parsley. Serve with orzo pasta and crusty rye bread. Makes 4 servings.

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	55 mg	300 mg or less
Sodium	1,667 mg	2,400 mg or less
Carbohydrates	8 g	250 g or more
Protein	25 g	55 g to 90 g

CITRUS COD WITH FENNEL AND POTATOES



Everything in this healthy, fresh-tasting meal is cooked in the same dish and on the table in thirty minutes.

Prep time: 15 minutes ○Ⓜ
Microwave time: 28 minutes

1 pound russet potatoes, sliced very th
1 bulb fennel (anise), sliced very thin
1 cup very thinly sliced onions
Salt and freshly ground pepper
¼ cup chicken broth, defatted*
1 pound cod fillet
2 navel oranges, peeled and sectione

Combine potatoes, fennel, onions and teaspoon *each* salt and pepper in shallo 2-quart microwaveproof casserole. Dri zle with chicken broth. Cover and micr wave on High 20 minutes, stirring on halfway through. Arrange cod on pota mixture and sprinkle with ¼ teaspoon s and ⅛ teaspoon pepper. Cover with w paper; microwave on High 8 minutes until fish is opaque throughout. Garni with oranges. Serve with mixed gre salad. Makes 4 servings.

*To *defat broth:* Freeze 1 hour or refrige ate 4 hours. Spoon off fat.

Per serving		Daily goal
Calories	250	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (
Saturated fat	0 g	20 g or less (F); 23 g or less (
Cholesterol	49 g	300 mg or less
Sodium	381 mg	2,400 mg or less
Carbohydrates	35 g	250 g or more
Protein	25 g	55 g to 90 g

CARROT–SWEET-POTATO CURRY



A vegetarian entrée with an Indian a cent. If you can't find fresh sweet pot toes, add one can, drained, with the oth cooked vegetables.

Prep time: 25 minutes ○
Microwave time: 14 minutes

1 pound sweet potatoes, peeled and cut into 1½-inch chunks
1 pound carrots, cut into 1½-inch chunk
Water
1 tablespoon vegetable oil
½ cup finely chopped onion
1 tablespoon minced garlic
1 tablespoon minced jalapeño chile
1 teaspoon grated fresh ginger
2 teaspoons curry powder
1 can (19 oz.) chick-peas, drained and rinsed
¾ teaspoon salt

Combine potatoes, carrots and ½ cup w ter in shallow 2-quart microwavepro dish. Cover and microwave on High minutes, stirring halfway through. Let stan

Heat oil in large skillet over mediu high heat. Add onion, garlic, chile a ginger. Cook, stirring, until onion is tran lucent, 5 minutes. Stir in *(continue*



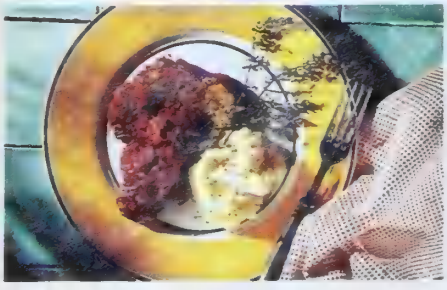
© 1992 Kraft General Foods, Inc.

QUICK AND HEALTHY
continued

curry powder; cook 30 seconds. Stir in vegetables with their liquid, chick-peas, ¾ cup more water and the salt. Simmer 3 to 4 minutes. Serve with couscous and yogurt. Makes 4 servings.

Per serving		Daily goal
Calories	265	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	608 mg	2,400 mg or less
Carbohydrates	47 g	250 g or more
Protein	8 g	55 g to 90 g

MEATLOAF WITH TOMATO SAUCE



Make sure the ground turkey you buy contains only breast meat—it's the leanest. Cooked bacon is used as a garnish to add lots of flavor and little fat.

Prep time: 20 minutes ○Ⓜ
Microwave time: 35 minutes

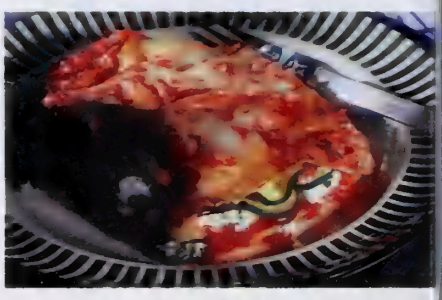
2 slices bacon, cut into ½-inch pieces
1 can (8 oz.) tomato sauce, divided
½ cup shredded zucchini
⅓ cup oats, uncooked
¼ cup finely chopped onion
3 tablespoons minced parsley, divided
1 tablespoon water
1 teaspoon minced garlic, divided
¼ teaspoon thyme
¾ teaspoon salt
¼ teaspoon freshly ground pepper
1 pound lean ground beef
½ pound ground turkey breast

Place bacon in microwaveproof dish. Cover with paper towel. Microwave on High 2 minutes or until just crisp; drain.

In large bowl, combine 2 tablespoons tomato sauce, zucchini, oats and onion, 2 teaspoons parsley, the water, ½ teaspoon garlic, and the thyme, salt and pepper. Add meats and mix. Shape into 7x4x2-inch loaf. Place in microwaveproof pie plate or 2-quart casserole with lid. Microwave uncovered on High 5 minutes, turning plate once. Combine remaining sauce, parsley and garlic. Pour evenly over meatloaf. Cover, microwave on Medium (50% power) 25 minutes or until cooked through, turning once. Top with reserved bacon and microwave covered 10 minutes more. Serve with mashed potatoes and green beans. Makes 6 servings.

Per serving		Daily goal
Calories	290	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	82 mg	300 mg or less
Sodium	616 mg	2,400 mg or less
Carbohydrates	7 g	250 g or more
Protein	24 g	55 to 90 g

LASAGNE WITH ZUCCHINI



With this combo of no-boil microwave pasta and part-skim cheeses you'll be able to beat the clock without busting your fat budget.

Prep time: 35 minutes ○Ⓜ
Microwave time: 26 minutes

1 large zucchini, sliced thin
Salt and freshly ground pepper
1 container (15 oz.) part-skim ricotta cheese
¼ cup plus 2 tablespoons freshly grated Parmesan cheese
2 tablespoons chopped parsley



The magic in this disappearing act is Hidden Valley Ranch Salad Dressing. So creamy, so yummy, it c

Tomato Sauce
- ¾ cup finely chopped onion
- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon red pepper flakes
- ⅛ teaspoon thyme
- 1 can (35 oz.) tomatoes
- ½ teaspoon salt
- 9 dry no-boil lasagne noodles* (5 oz.) or 8 ounces fresh lasagne
- 8 ounces part-skim mozzarella, shredded

Sprinkle zucchini lightly with salt and pepper. Place in 13x9-inch microwaveproof casserole with 2 tablespoons water. Cover and microwave on High 4 minutes, stirring halfway through. Let stand 2 minutes. Pat zucchini dry. Combine ricotta, ¼ cup Parmesan, parsley and ¼ teaspoon *each* salt and pepper in bowl; set aside.

Tomato Sauce: Combine first 5 ingredients in 2-quart microwaveproof bowl. Cover and microwave on High 4 minutes, stirring once. Add tomatoes, stirring to break them up. Microwave covered 8 minutes, stirring halfway through. Stir in salt.

Spread 1 cup sauce in bottom of 13x9-inch casserole. Cover with 3 noodles. (Be careful that noodles do not touch outside edges of dish.) Spread 1 more cup sauce over noodles to cover. Spoon half the ricotta mixture on top, then sprinkle with one third of the mozzarella and half the zucchini slices. Repeat with another noodle layer, 1 more cup sauce, remaining ricotta, another third of the mozzarella and remaining zucchini. Top with remaining noodles and sauce; sprinkle with 2 tablespoons Parmesan. Cover dish; microwave on High 17 minutes, rotating every 5 minutes. Sprinkle with remaining mozzarella and microwave uncovered 30 seconds. Let stand covered 5 minutes. Serve with green salad and crusty bread. Makes 8 servings.

*No-boil lasagne noodles are manufactured by the Shade Pasta Company and are available in your supermarket or by calling 800-662-6451.

Per serving		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	37 mg	300 mg or less
Sodium	693 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	19 g	55 g to 90 g

FIVE-SPICE CHICKEN

pictured on page 134

Chinese five-spice powder is a blend of cinnamon, cloves, star anise, fennel and pepper, and is widely available. The chicken is skinless to save calories, but it's cooked with the bone for maximum flavor.

Prep time: 10 minutes ○Ⓜ
Microwave time: 12 minutes

- 1 tablespoon brown sugar
- 3 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- ¼ teaspoon Chinese five-spice powder
- 4 large chicken thighs (1½ lb.), skinned
- 1 teaspoon cornstarch
- 1 tablespoon cold water
- 2 green onions, sliced thin, for garnish

In shallow 1½-quart microwaveproof dish combine first 6 ingredients. Add chicken and turn to coat. Cover and microwave on High 10 minutes, turning chicken halfway through. Transfer chicken to platter.

Dissolve cornstarch in cold water and stir into pan juices. Microwave uncovered on High 1½ minutes more. Stir and pour over chicken. Garnish with green onions. Serve with wild and white rice and steamed watercress. Makes 4 servings.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	81 mg	300 mg or less
Sodium	601 mg	2,400 mg or less
Carbohydrates	6 g	250 g or more
Protein	20g	55 g to 90 g

Recipes by Carol Prager, Lisa Brainerd and Karen J. M. Tack.

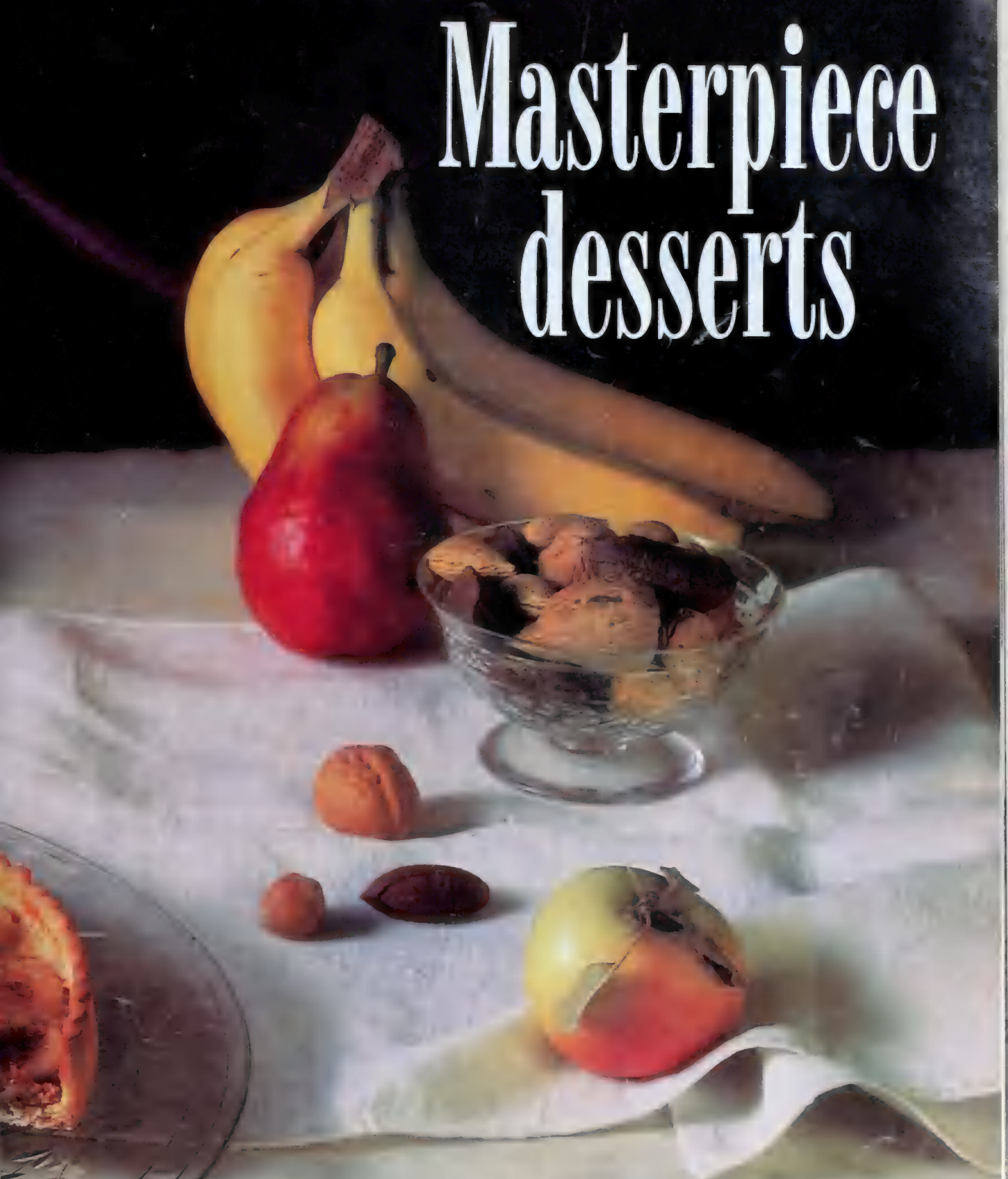


urn kids (yes, *your* kids) into little salad lovers. Just pour it on and watch those leafy greens disappear.



Warm Banana-Pecan Tart

Masterpiece desserts



Our fabulous finales are the picture of perfection—harmonious compositions of fresh fruit, crisp crusts and creamy custards that make the most of winter's bounty: Full of flavor, from the simplest citrus to the richest caramel, each bite is worth a thousand words

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

SLICE-OF-LEMON PIE



FOOD EDITOR'S CHOICE *This double-crust pie of Shaker origin boasts an unusual filling of sliced lemons.*

Prep time: 45 minutes plus chilling Ⓜ
Baking time: 35 to 40 minutes

- 6 sugar cubes
- 2 small lemons, rinsed
- Pastry for 9-inch double-crust pie
- 2 cups granulated sugar
- ⅓ cup all-purpose flour
- ¼ teaspoon salt
- ⅔ cup water
- 2 tablespoons butter or margarine, softened
- 3 large eggs
- 1 teaspoon grated orange peel

Preheat oven to 400°F. Rub sugar cubes over lemons to extract oil from peel. Place cubes in plastic bag and crush with rolling pin; set aside. With sharp knife, cut peel and white pith from lemons; discard. Slice lemons ⅛-inch thick; remove seeds.

Divide pastry in 2 pieces, one slightly larger than the other. On lightly floured surface, roll larger piece to 13-inch circle. Fit into 9-inch pie pan, letting pastry overhang edge. Roll remaining pastry to 10-inch circle; cut vents.

Combine granulated sugar, flour and salt in large bowl. Whisk in water, butter, eggs and orange peel. Stir in lemon slices. Pour into pie shell. Top with remaining pastry; flute edges. If desired, cut out lemon shapes from pastry scraps to decorate top. Sprinkle with crushed sugar cubes. Bake 35 to 40 minutes, until golden. Cool on wire rack at least 2 hours before slicing. Makes 8 servings.

Per serving		Daily goal
Calories	500	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	87 mg	300 mg or less
Sodium	397 mg	2,400 mg or less
Carbohydrates	78 g	250 g or more
Protein	6 g	55 g to 90 g

APPLE BAKLAVA



Apples give a distinctive twist to this traditional Greek dessert. Sautéing them first to let the water evaporate ensures a crisp crust.

Prep time: 1 hour plus cooling ◒
Baking time: 35 to 40 minutes

Apple Layer
- 6 Golden Delicious apples
- 6 Granny Smith apples
- 2 tablespoons unsalted butter
- 6 tablespoons sugar
- ½ teaspoon cinnamon

Nut Mixture
- 2½ cups walnuts, chopped
- ½ cup sugar
- ½ teaspoon grated lemon peel
- ½ teaspoon cinnamon

- 24 sheets phyllo dough
- ½ cup unsalted butter, melted
- 2 tablespoons plain dry bread crumbs
- 2 tablespoons honey

Apple Layer: Peel and slice apples. Melt butter in Dutch oven over high heat. Add apples, sugar and cinnamon; cook, stirring occasionally, until apples are tender and juices are evaporated, 15 to 20 minutes. Cool.

Nut Mixture: Combine all ingredients in small bowl.

Preheat oven to 400°F. Trim phyllo sheets to 13x9-inch rectangles; cover with plastic wrap. Brush 13x9-inch metal baking pan with butter. Place 1 phyllo sheet in pan and brush with some of the melted butter (keep remaining phyllo covered). Layer 5 more phyllo sheets on top, brushing each with butter. Spread 2 cups nut mixture on top and repeat layering with more phyllo sheets and butter. Spread apple mixture on top; repeat layering with 6 more phyllo sheets and butter. Sprinkle remaining nut mixture on top, sprinkle with bread crumbs and layer with the 6 remaining phyllo sheets and butter.

With sharp knife, cut lengthwise through pastry and filling into 1½-inch wide strips, then cut diagonally at 2-inch intervals to make diamonds. Bake 35 to 40 minutes or until golden. Drizzle honey on top and bake 5 minutes more. Cool in



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ban on wire rack. Serve warm or at room emperature with whipped or ice cream. Makes 12 servings.

Per serving		Daily goal
Calories	515	2,000 (F), 2,500 (M)
Total fat	26 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	26 g	300 mg or less
Sodium	180 mg	2,400 mg or less
Carbohydrates	68 g	250 g or more
Protein	8 g	55 g to 90 g

WINTER FRUIT COMPOTE



n this refreshing, light dessert, the fruits immer gently in a port-infused syrup. It's worth tracking down the dried sour cherries.

Prep time: 30 minutes
Cooking time: 5 to 8 minutes

- 4 navel oranges, rinsed
- 2 tablespoons sour cream
- ½ cup port wine
- ⅓ cup plus 1 tablespoon sugar
- 1 ripe Bosc pear, peeled, cored and cut into eighths
- 1 Golden Delicious apple, peeled, cored and cut into eighths
- ¼ cup dried tart cherries*
- 2 cups thinly sliced fresh pineapple
- ½ cup heavy or whipping cream

Grate ¼ teaspoon orange peel and combine with sour cream; set aside.

With sharp paring knife, cut peel and white pith from oranges. Remove segments and squeeze juice from membranes. Strain juice into small saucepan and reserve orange segments in serving dish. Add port and ⅓ cup sugar to saucepan; cook, stirring, over medium heat until sugar is dissolved. Add pear, apple and cherries. Simmer until tender, 5 to 8 minutes. Gently stir into oranges. Stir in pineapple slices.

Beat heavy cream with remaining sugar to stiff peaks. Fold in orange cream. Serve compote with cream and crisp cookies. Makes 6 servings.

Per serving		Daily goal
Calories	270	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	29 mg	300 mg or less
Sodium	14 mg	2,400 mg or less
Carbohydrates	45 g	250 g or more
Protein	2 g	55 g to 90 g

*Dried tart cherries available from American Spoon Foods in some supermarkets, or call 800-222-5886.

PEAR-HAZELNUT TORTE



We added pears and hazelnuts to Pithiviers, a classic French dessert named after its town of origin.

Prep time: 1 hour plus chilling
Baking time: 40 minutes

Hazelnut Cream
- ½ cup hazelnuts, toasted and skinned
- 9 tablespoons sugar, divided
- 1 cup milk
- Pinch salt
- 2 large egg yolks
- 2 tablespoons cornstarch
- 2 tablespoons butter
- 1 teaspoon vanilla extract

- 1 package (16 or 17¼ oz.) prepared frozen puff pastry, thawed
- 2 ripe Bosc pears, peeled, quartered
- 1 large egg
- Water

Hazelnut Cream: Process hazelnuts and 1 tablespoon sugar in food processor until nuts are ground fine; set aside.

Combine milk, 6 tablespoons sugar and salt in medium saucepan; bring to boil. Meanwhile, whisk yolks, remaining 2 tablespoons sugar and the cornstarch in medium bowl. Gradually whisk in hot milk mixture; return to saucepan. Bring to boil over low heat, whisking gently. (Mixture will become thick.) Boil 1 minute. Remove from heat; whisk in butter and vanilla. Transfer to bowl, cover surface with wax paper and refrigerate until cold, at least 1 hour. Stir in nuts. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Line 1 cookie sheet with parchment paper and another with wax paper. Divide puff pastry in half. On another sheet of lightly floured wax paper, roll one pastry half to 10½-inch circle. Using a plate or lid as a guide, trim pastry to 10-inch circle. Transfer pastry to parchment-lined cookie sheet; refrigerate. Roll remaining pastry to 12½-inch circle; trim to 12 inches. Transfer 12-inch circle to wax paper–lined cookie sheet. Mark center of circle and cut ½-inch round opening with small, sharp knife; refrigerate.

Remove cookie sheet with 10-inch pastry circle from refrigerator. Spread Hazelnut Cream on top, leaving 1-inch border. Cut each pear quarter lengthwise into 4 slices. Arrange half on top *(continued)*



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of filling in a circle with tapered ends facing the center. Arrange remaining slices on top in another circle. Brush pastry border with water. Arrange remaining pastry over pears; press edges together to seal. With blunt side of small knife, press pastry edges at 1-inch intervals toward center to form a scalloped edge. Freeze 20 minutes.

Preheat oven to 425°F. Whisk egg and 1 tablespoon water together in cup; brush over torte. With small, sharp knife, score top about ⅛-inch deep in a spoke pattern, beginning at center and curving down to scalloped edge. Bake 10 minutes. Reduce heat to 375°F. and bake 30 minutes more. (If pastry browns too quickly, cover loosely with foil.) Transfer to wire rack. Serve warm or at room temperature. Makes 8 servings.

Per serving		Daily goal
Calories	470	2,000 (F), 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	92 mg	300 mg or less
Sodium	351 mg	2,400 mg or less
Carbohydrates	47 g	250 g or more
Protein	7 g	55 g to 90 g

ORANGE-KIWI WAFER TARTS



These fruit tarts, made with cardamom-flavored wafers, are elegant entertaining fare.

Prep time: 40 minutes plus chilling
Baking time: 11 minutes per batch

Orange Curd
- 1¼ cups fresh orange juice
- 5 large egg yolks
- 10 tablespoons cold unsalted butter, cut up
- ½ cup granulated sugar
- 4 teaspoons fresh lemon juice
- 1 teaspoon grated orange peel

Wafers
- ½ cup all-purpose flour
- 1 teaspoon cardamom
- 10 tablespoons unsalted butter, softened
- ¾ cup confectioners' sugar
- ¼ teaspoon grated orange peel
- 2 large egg whites
- 1½ teaspoons heavy cream

- 3 kiwifruit, peeled and cut into 16 wedges each
- 2 ripe Bartlett pears, peeled and sliced thin

Orange Curd: Bring orange juice to boil in small nonaluminum saucepan over high heat; boil until reduced to ⅓ cup. Meanwhile, combine egg yolks, butter, sugar and lemon juice in heavy medium saucepan. Stir in orange juice and cook, stirring, over medium-low heat until butter is melted and custard is thick enough to coat the back of a spoon, about 6 minutes. (Do not boil.) Transfer to bowl and stir in orange peel. Cover surface with plastic wrap and refrigerate at least 2 hours. *(Can be made ahead. Cover and refrigerate up to 3 days.)* Makes 1⅔ cups.
Wafers: Preheat oven to 325°F. Butter 2 cookie sheets. Combine flour and cardamom in bowl. Beat butter, sugar and orange peel in mixer bowl until light and fluffy. Slowly beat in flour mixture. Gradually beat in egg whites at high speed; beat until smooth. Stir in cream by hand.

Drop batter by level tablespoonfuls on prepared cookie sheets, 6 wafers per sheet. Spread into 3-inch circles with back of spoon dipped in water. Bake 10 to 12 minutes, until pale golden. Gently transfer to wire rack. Makes 2 dozen.

To assemble, place one wafer on each of eight dessert plates. Spread each with 1 tablespoon orange curd and top with 2 slices *each* kiwi and pear. Layer with 8 more wafers, 8 tablespoons curd and 2 more fruit slices. Cover with remaining wafers and decorate with remaining curd and fruit. Makes 8 servings.

Per serving		Daily goal
Calories	480	2,000 (F), 2,500 (M)
Total fat	33 g	60 g or less (F); 70 g or less (M)
Saturated fat	19 g	20 g or less (F); 23 g or less (M)
Cholesterol	212 mg	300 mg or less
Sodium	25 mg	2,400 mg or less
Carbohydrates	45 g	250 g or more
Protein	4 g	55 g to 90 g

WARM BANANA-PECAN TART

pictured on pages 140 and 141

TEST KITCHEN FAVORITE *Nobody doesn't like Sara Lee—so when the real Sara Lee told us how much she loved this dessert at New York's Gotham Bar and Grill, we were happy to obtain the recipe from chef Alfred Portale.*

Prep time: 1 hour plus chilling and cooling
Baking time: 30 to 35 minutes

Pastry
- 1¼ cups cake flour
- ½ cup confectioners' sugar
- Pinch salt
- 6 tablespoons chilled butter, cut up
- 1 large egg, lightly beaten

Pastry Cream
- 1 cup milk
- ½ cup sugar, divided
- ½ vanilla bean, split
- 2 large egg yolks
- 5 teaspoons flour

Pecan Filling
- 1¼ cups pecans, ground
- ½ cup butter, melted
- ½ cup sugar
- 1 large egg
- ¼ cup heavy or whipping cream

- 2 ripe bananas, sliced thin
- 2 tablespoons sugar

Pastry: Combine flour, sugar and salt in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles fine crumbs. Add egg, tossing with fork until mixture holds together. Knead lightly about 8 times. Shape into ball; flatten slightly. Wrap and refrigerate 1 hour or overnight.

Roll pastry on lightly floured waxed paper into 13-inch circle, ⅛-inch thick. Fit into 12-inch tart pan with removable bottom. Trim any excess pastry; prick bottom with fork. Refrigerate 1 hour.

Preheat oven to 350°F. Bake pastry 15 to 17 minutes, until golden brown. Cool completely on wire rack.
Pastry Cream: Bring milk, ¼ cup sugar and the vanilla bean to boil in medium saucepan. Meanwhile, whisk yolks, flour and remaining ¼ cup sugar in medium bowl. Gradually whisk in hot milk mixture; return to saucepan, whisking constantly. Cook, stirring, over medium-high heat until thickened, 2 minutes. Remove from heat; discard vanilla bean. Transfer to bowl and cover surface with plastic wrap. Cool, then refrigerate until ready to use.
Pecan Filling: Combine all ingredients in small bowl. Spread filling in bottom of cooled pastry shell. Bake in preheated 350°F. oven 14 to 18 minutes, until filling is set. Cool completely on wire rack.

Preheat broiler. Arrange banana slices on cooled tart. Top with an even layer of pastry cream. Sprinkle with sugar. Cover edges of tart with foil to prevent burning. Broil 3 minutes or until top is golden brown. Serve warm with Warm Caramel Sauce (recipe follows). Makes 12 servings.

Per serving		Daily goal
Calories	380	2,000 (F), 2,500 (M)
Total fat	23 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	117 mg	300 mg or less
Sodium	172 mg	2,400 mg or less
Carbohydrates	41 g	250 g or more
Protein	4 g	55 g to 90 g

WARM CARAMEL SAUCE

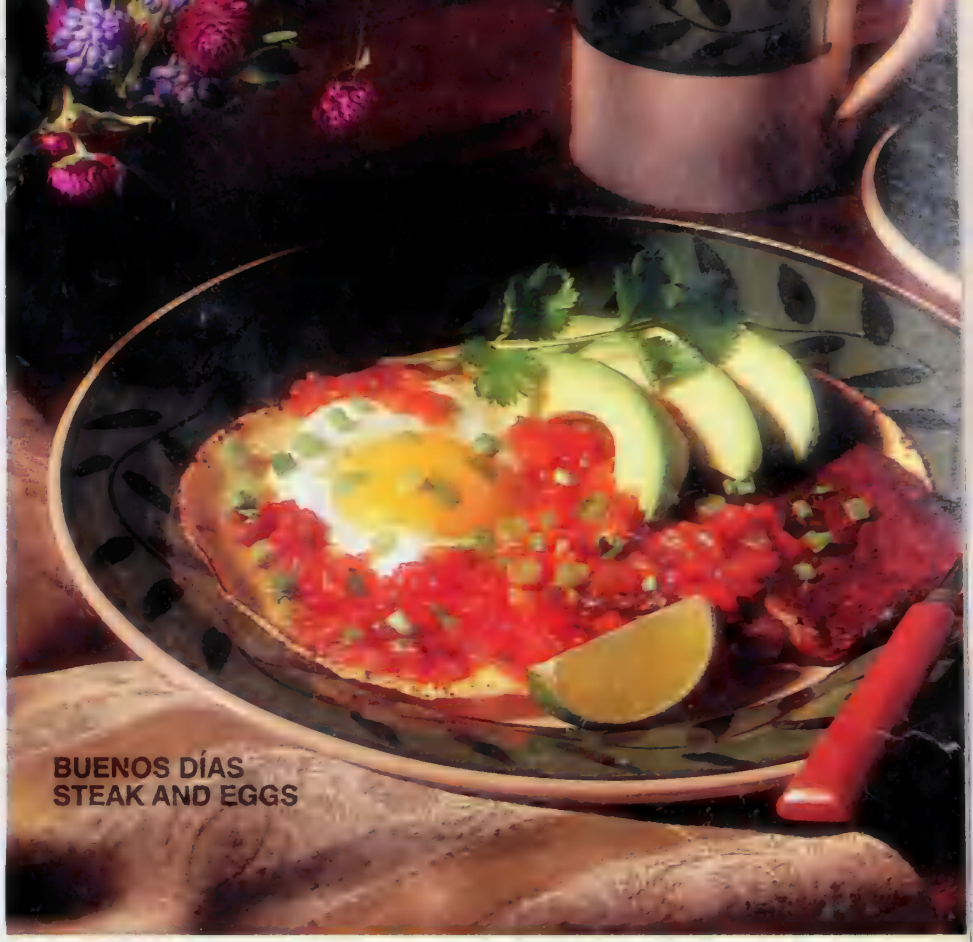
Total prep time: 6 to 8 minutes

Melt 4 tablespoons butter in saucepan over medium-high heat. Add 1 cup sugar and cook, stirring occasionally, until sugar is melted and mixture is a deep amber color, 4 to 6 minutes. Remove from heat. Gradually stir in 1 cup heavy cream; return to heat and cook until smooth, 2 minutes. Makes 1½ cups.

Per 2 T.		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	38 mg	300 mg or less
Sodium	47 mg	2,400 mg or less
Carbohydrates	17 g	250 g or more
Protein	0 g	55 g to 90 g

Recipes by Carol Prager and Lisa Brainerd

RISE AND SHINE! IN OUR LATEST NATIONAL SURVEY, WE VENTURED INTO THE KITCHENS OF FIVE HUNDRED FAMILIES TO FIND OUT WHAT BREAKFAST IS REALLY LIKE. THE RESULTS INSPIRED US TO CREATE RECIPES FOR YOUR WEEKEND FEASTS AND FOR MAD-RUSH WEEKDAY MORNINGS. ENJOY!



BUENOS DÍAS STEAK AND EGGS

WAKE UP, AMERICA

LHJ's Breakfast Book

BUENOS DÍAS STEAK AND EGGS

A classic American favorite goes south of the border to fulfill one of your top ten breakfast fantasies. Our version serves two—simply multiply to indulge your friends.

Prep time: 20 minutes
Cooking time: 10 minutes

4 corn tortillas (7-inch)
½ teaspoon cumin
Salt
Freshly ground pepper
2 top round or boneless chuck steaks, pounded slightly (4-5 oz. each)
2 teaspoons vegetable oil, divided
2 large eggs
4 tablespoons chopped fresh cilantro
4 tablespoons chopped green onions
1 tablespoon freshly grated Parmesan cheese
2 lime wedges, for garnish
½ ripe avocado, cut into 6 wedges for garnish

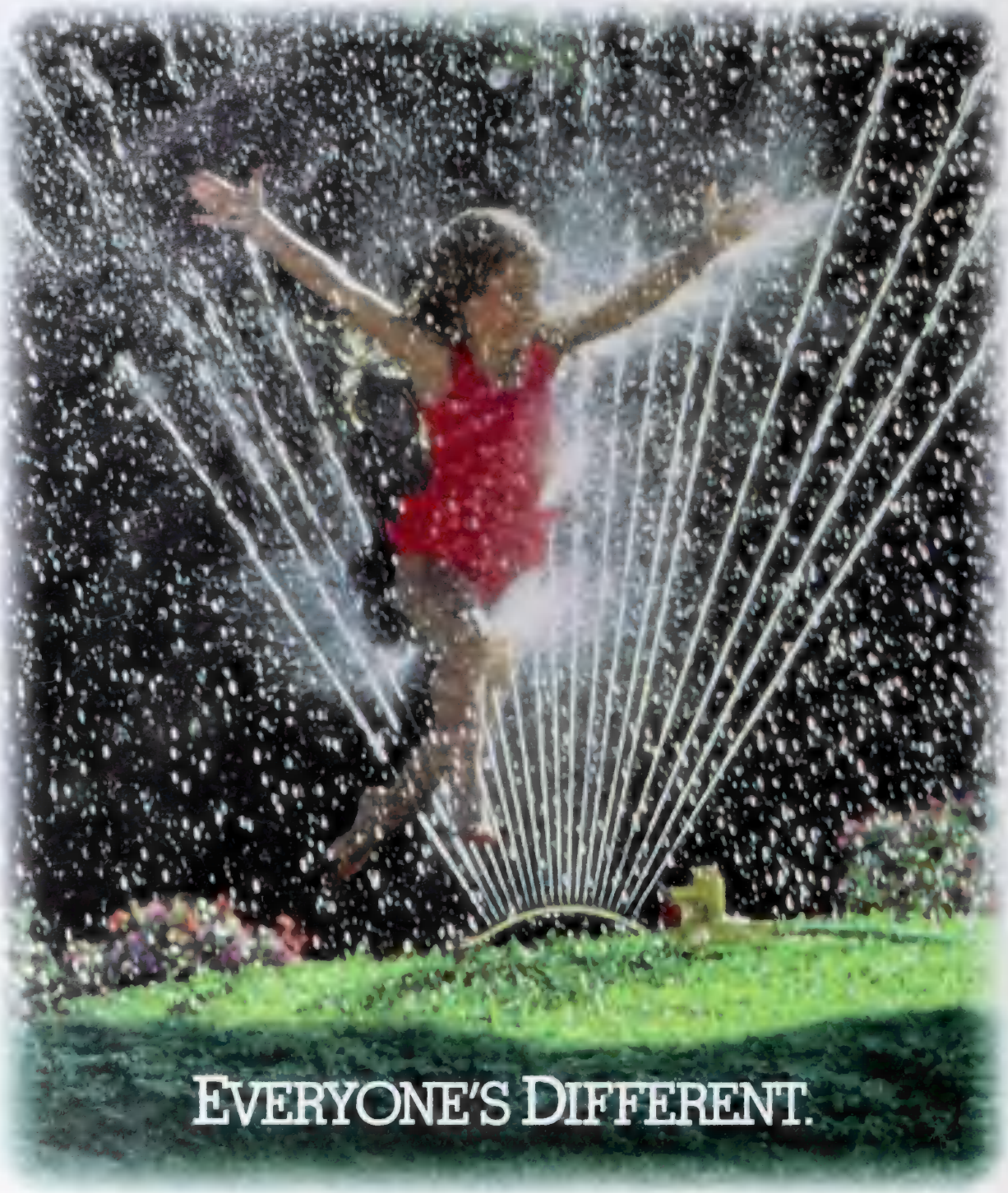
Ranchero Sauce

1 teaspoon vegetable oil
½ cup chopped onion
1 tablespoon minced jalapeño chile
2 teaspoons minced garlic
1 can (14 oz.) whole tomatoes, undrained
¼ teaspoon salt
⅛ teaspoon freshly ground pepper

Preheat oven to 200°F. Arrange 2 tortillas on each of 2 serving plates and place in warm oven. Combine cumin and ¼ teaspoon *each* salt and pepper in cup; rub over both sides of steaks. Heat 1 teaspoon oil in medium cast-iron skillet over high heat. Add steaks and cook 2 to 3 minutes per side for medium-rare. Transfer to serving plates.

Heat remaining 1 teaspoon oil in same skillet over medium-high heat. Add eggs and cook on one side *(continued on page 152)*

All photos; Bill Milne; prop stylist, Bette Blau; food stylist, Dora Jonassen.



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(continued from page 147) until whites are set, 2 minutes, or to desired doneness. Sprinkle with salt and pepper. Carefully transfer one egg onto each tortilla. Spoon ⅓ cup Ranchero Sauce and 2 tablespoons *each* cilantro and green onion over each egg. Garnish steaks with remaining sauce, lime and avocado. Makes 2 servings.

Ranchero Sauce: Heat oil in small saucepan over medium-high heat. Add onion, jalapeño and garlic. Cover and cook until onion is translucent, 1 to 2 minutes. Add tomatoes with their juice, breaking them up with back of spoon. Bring sauce to boil, reduce heat and simmer uncovered 10 minutes. Stir in salt and pepper. Makes 1½ cups.

Per serving		Daily goal
Calories	570	2,000 (F), 2,500 (M)
Total fat	27 g	60 g or less (F); 70 g or less (M)
Saturated fat	8 g	20 g or less (F); 23 g or less (M)
Cholesterol	292 mg	300 mg or less
Sodium	1,147 mg	2,400 mg or less
Carbohydrates	40 mg	300 g or more
Protein	42 g	55 g to 90 g



STREUSEL COFFEE CAKE



ORANGE-YOGURT WAFFLES

ORANGE-YOGURT WAFFLES

One third of those surveyed chose waffles as a favorite way to start the day. This recipe uses up-to-the-minute flavors—citrus and yogurt—to revive this tasty tradition. If you have extra waffles, wrap well and freeze. To serve, simply pop in the toaster for a quick weekday treat.

Prep time: 15 minutes plus standing ○

Cooking time: 12 to 15 minutes

2 cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
¾ teaspoon salt
1 cup milk
¾ cup plain low-fat or nonfat yogurt
6 tablespoons butter or margarine, melted
2 large eggs, separated
1 teaspoon grated orange peel

Strawberry Compote
1 pint strawberries, sliced
2 tablespoons sugar
2 tablespoons orange juice

Combine flour, sugar, baking powder, baking soda and salt in large bowl; make a well in center. Pour in milk, yogurt, butter, and the egg yolks and orange peel; whisk into dry ingredients until smooth. In small mixer bowl, beat egg whites until stiff but not dry; gently fold into batter. Bake in waffle iron according to manufacturer's directions. Serve with Strawberry Compote and (continued)



A family affair?

It comes as no surprise to us that according to our breakfast survey, during weekday mornings, it's every parent and kid for himself. Cold cereal suffices for most, and in the winter, nearly a third of you do the right thing by eating oatmeal. What *was* surprising was your choice for the ultimate weekend meal—that's when everyone gets together and lingers over a lavish spread. In fact, almost every one of us has a dream breakfast in mind, and that table is overflowing with platefuls of bacon, fresh fruit, pancakes, waffles and omelets. Since these are a few of our favorite foods, what better way to entertain than brunch? About half the respondents say they have friends over for a mid-morning feast at least a few times a year.



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State of Florida, Department of Citrus, 1991

(continued) additional yogurt. Makes 6 servings.

Strawberry Compote: Combine all ingredients in small bowl; let stand 10 minutes. Makes 2½ cups.

Per serving		Daily goal
Calories	375	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	109 mg	300 mg or less
Sodium	733 mg	2,400 mg or less
Carbohydrates	49 mg	250 mg or more
Protein	10 g	55 g to 90 g

STREUSEL COFFEE CAKE

This luscious coffee cake is a cinch in the food processor. Make it the night before and when you wake—just bake up the breakfast of your dreams.

Prep time: 25 minutes plus rising
Baking time: 30 to 35 minutes

½ cup dark raisins
Boiling water
1 package active dry yeast
¼ cup warm water (105°F.–115°F.)
½ cup milk, heated to lukewarm
1 large egg
1 teaspoon vanilla extract
3½ to 4 cups all-purpose flour
¼ cup sugar
1 teaspoon salt
½ cup butter or margarine, cut up
1 teaspoon grated lemon peel

Streusel

½ cup oats, uncooked
½ cup firmly packed brown sugar
1½ teaspoons cinnamon
½ cup butter or margarine, cut up
½ cup chopped walnuts

Place raisins in small bowl. Add boiling water to cover; let stand 5 minutes. Drain and pat dry on paper towels.

Dissolve yeast in warm water in bowl; let stand 5 minutes. Add milk and egg. Combine 3½ cups flour and the sugar and salt in food processor; pulse to blend. Add butter and lemon peel; process until mixture resembles fine crumbs. With machine on, add yeast mixture through feed tube and process until it just holds together, 15 to 20 seconds. Transfer dough to floured surface. Add raisins to dough and knead until smooth and elastic, using additional flour if necessary, about 10 minutes. Transfer to greased bowl, turning dough to grease top. Cover and let rise in warm draft-free place until *(continued)*

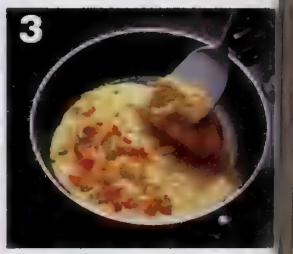
THE PERFECT OMELET

AN IDEAL MEAL FOR ONE—OR A CROWD—WITH OUR STEP-BY-STEP DIRECTIONS AND FILLINGS. IT'S BEST TO USE THE INGREDIENTS AT ROOM TEMPERATURE









For each serving: Whisk 2 large eggs, 2 tablespoons water, ⅛ teaspoon salt and a pinch freshly ground pepper in medium bowl until blended. Heat 6-inch nonstick skillet or omelet pan over high heat. Add 1 teaspoon butter or margarine; tilt pan, swirling butter to cover bottom and sides. Pour in eggs. (Mixture should immediately set at edges.) **1** Cook, continuously pushing cooked edges toward center with spatula so uncooked egg flows onto pan, until top is almost set, about 40 to 50 seconds. **2** With handle of skillet facing you*, spoon ingredients for desired filling over half the omelet; fold other half over filling or roll with spatula. **3** Invert onto plate. Makes 1 serving.

To prepare omelets for a crowd: In large bowl, whisk egg mixture for desired number of servings. Cook individual omelets as directed above, ladling ½ cup egg mixture into pan for each serving.

Prepare fillings before starting omelet.

Parmesan

Sprinkle 2 tablespoons freshly grated Parmesan cheese over half the omelet.

Per serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	8 g	20 g or less (F); 23 g or less (M)
Cholesterol	445 mg	300 mg or less
Sodium	1,103 mg	2,400 mg or less
Carbohydrates	2 mg	250 g or more
Protein	18 g	55 g to 90 g

Cheddar-Bacon

Sprinkle 2 tablespoons grated sharp Cheddar cheese and 1 strip cooked bacon, crumbled over half the omelet.

Per serving		Daily goal
Calories	275	2,000 (F), 2,500 (M)
Total fat	22 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	456 mg	300 mg or less
Sodium	631 mg	2,400 mg or less
Carbohydrates	2 mg	250 g or more
Protein	18 g	55 g to 90 g

Spinach-Goat Cheese

Spoon ¼ cup chopped cooked spinach and 2 tablespoons crumbled goat cheese over half the omelet.

Per serving		Daily goal
Calories	275	2,000 (F), 2,500 (M)
Total fat	21 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	435 mg	300 mg or less
Sodium	753 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	18 g	55 g to 90 g

Southwest

Add a pinch cumin to beaten eggs. Sprinkle 2 tablespoons finely diced tomatoes and 1 tablespoon *each* canned chopped green chilies and shredded sharp Cheddar or Monterey jack cheese over half the omelet.

Per serving		Daily goal
Calories	220	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	443 mg	300 mg or less
Sodium	540 mg	2,400 mg or less
Carbohydrates	3 mg	250 g or more
Protein	15 g	55 g to 90 g

Mushroom and Cream

Heat 1 teaspoon butter or margarine in small skillet over medium heat. Add 1 tablespoon minced shallots; cook until tender, about 1 minute. Stir in 1 cup sliced wild or white mushrooms. Cook until mushrooms are tender, 2 minutes. Remove from heat and stir in 2 tablespoons sour cream. Spoon over half the omelet.

Per serving		Daily goal
Calories	305	2,000 (F), 2,500 (M)
Total fat	24 g	60 g or less (F); 70 g or less (M)
Saturated fat	12 g	20 g or less (F); 23 g or less (M)
Cholesterol	459 mg	300 mg or less
Sodium	462 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	15 g	55 g to 90 g

*If you are right-handed, arrange filling ingredients on the left half of the omelet and fold the right half over or the filling. If you are left-handed, place filling on right side, and fold left half over filling.

Never before has something so little done so much for so many.



In your hands it can change the tempo, turn the tide or shift the scene. A welcome break from the action, it's a nice hot cup of Lipton® Tea. The distinctively brisk® flavor of Lipton Tea has always been the balm for life's little ups and downs.

This is **Lipton** tea time

(continued) doubled in bulk, 2 hours. *Streusel*: Meanwhile, combine oats, brown sugar and cinnamon in food processor; pulse until mixed. Add butter and walnuts; pulse just until crumbly.

Grease two 9-inch round cake pans. Punch dough down. Divide in half and spread in prepared pans.



Sprinkle with streusel, cover and refrigerate overnight.

Remove pans from refrigerator and let stand at room temperature 20 minutes. Meanwhile, preheat oven to 350°F. Bake coffee cakes 30 to 35 minutes, until tops are golden. Cool on wire racks. Makes 2 cakes, 6 slices each.

Per slice		Daily goal
Calories	410	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	61 mg	300 mg or less
Sodium	355 mg	2,400 mg or less
Carbohydrates	52 mg	250 g or more
Protein	7 g	55 g to 90 g

BUCKWHEAT PANCAKES

Buckwheat flour can be found in health-food stores. It's worth searching for—this grain gives pancakes a unique nutty flavor.

Prep time: 10 minutes
Cooking time: 3 to 4 minutes per batch

1¼ cups buttermilk
3 tablespoons butter or margarine,melted
1 large egg
½ cup all-purpose flour
⅓ cup buckwheat flour
¾ teaspoon baking soda
¼ teaspoon salt
Maple syrup

Whisk buttermilk, butter and egg together in bowl until blended. Combine flours, soda and salt in another bowl. Whisk buttermilk mixture into dry ingredients until just blended.

Heat large nonstick skillet or griddle over medium-high heat. Grease lightly with vegetable cooking spray. For each pancake, spoon scant ¼ cup of the batter into skillet, spreading batter lightly with back of spoon. Cook until bubbles form on surface of pancakes, about 2 minutes. Turn pancakes over and cook 1 to 2 minutes more. Repeat with remaining batter. Serve with maple syrup. Makes 12 pancakes.

Per pancake with 1 T. syrup		Daily goal
Calories	125	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M
Saturated fat	2 g	20 g or less (F); 23 g or less (M
Cholesterol	26 mg	300 mg or less
Sodium	160 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	2 g	55 g to 90 g

CORNMEAL WAFFLES

Southerners are partial to cornmeal, and have always known *(continued*

Bringing home the bacon

OUR TASTE-TESTED PICKS OF THE NEW BREAKFAST MEATS, AND HOW THEY STACK UP ON NUTRITION

	PRODUCT	FAT, CALORIES, SODIUM	COMMENTS
BACON (1 oz. cooked)	Corn King Lower Salt Bacon (2 slices)	26 g, 260, 280 mg	You won't miss the salt, or the fat and calories either. In taste and texture, this is the real thing.
	Wilson Lower Salt Bacon (1 slice)	26 g, 260, 280 mg	Wilson Foods manufactures this and the product above. Light and crispy, with a pleasant smoky flavor.
	Oscar Meyer Center Cut Bacon (2½ slices)	5 g, 63, 300 mg	Each slice weighs less than half of a standard serving. Mild taste: less crispy than the choices above.
	Sizzlean Breakfast Strips (1 slice)	4 g, 50, 270 mg	Avoid the microwave for this one. Made from pork, ground turkey and flavorings, this is great for BLTs.
SAUSAGE Patties (2 oz. cooked)	Jimmy Dean Light Turkey/ Pork Sausage (2 patties)	12 g, 160, 480 mg	A well-blended mixture of turkey and pork; the only thing that's light is the size of a recommended serving.
	Norbest Tasti-Lean Turkey Sausage (1 patty)	5 g, 90, N/A	Read labels carefully! Turkey sausage may offer fewer calories, but not necessarily fewer calories from fat.
	Fairbanks Farms Tender-Lite Spicy (1 patty)	4 g (2 g saturated), 80, 350 mg	Contains carrageenan, a binder used in many lower-fat products. Good, standard flavor and texture.
	Swift Premium Lite Country Sausage (1 patty)	16 g, 200, 340 mg	High marks for its coarse, real texture, not for its very high fat content.
SAUSAGE Links (2 oz. uncooked)	Jones Light Sausage and Rice Links (2 links)	13 g, 150, 325 mg	Cooked rice added to pork makes this sausage look lumpy. Good marks for mild, standard flavor.
	Turkey Store Turkey Breakfast Sausage (1 link)	11 g, 140, N/A	Chewy compared with pork sausage, but some find this desirable. Contains more added flavorings, too.
	Jones Pork Sausage and Rice Links (2 links)	11 g, 140, 440 mg	The rice gives these an unappetizing color; otherwise, they're moist and tender, with a mild, balanced flavor.
	Louis Rich Turkey Sausage (2⅓ links)	7 g, 116, 560 mg	The golden color is attractive, but in texture and taste this won't pass for pork.



Bedside manners

More than a quarter of us are chipper souls who wake up feeling great, and over a third are in the same mood sunup and sundown. But the rest had better grab a newspaper to hide behind: Of our respondents, 28 percent say they're a complete grouch in the morning—at least before they've had their morning coffee. (Maybe that's why a quarter of us like to get up before everyone else, to grumble in peace.) Husbands seem to be a happier—or at least more even-tempered—bunch: Nearly a third are real morning people, and about half are in the same sunny mood all day long.





If you have to wait around for the great taste of sausage, you bought the wrong sausage.

The right sausage is delicious Swift Premium® Brown 'N Serve™ sausage. Ready in just minutes on the stove, only seconds in the microwave. Swift Premium Brown 'N Serve sausage. Original and, now, new Turkey. Why wait around for anything else?







Swift Premium®
Brown 'N Serve™ Sausage

Great taste without the wait.

1992 SWIFT-ECKRICH, INC.

(continued) *that it makes a great waffle batter. If you love waffles but hate how that first waffle always sticks to the waffle iron, coat the grids with vegetable cooking spray just before adding the batter.*

Prep time: 10 minutes ○
Cooking time: 12 to 15 minutes

1 cup all-purpose flour
1 cup yellow cornmeal
2 tablespoons sugar
1 tablespoon baking powder
¾ teaspoon salt
1¾ cups milk
6 tablespoons butter or margarine, melted
2 large eggs, separated
Breakfast sausages
Applesauce
Maple syrup

Combine flour, cornmeal, sugar, baking powder and salt in large bowl and make a well in center. Pour in milk, butter and egg yolks; whisk into dry ingredients until smooth. In small mixer bowl, beat egg whites until stiff but not dry; fold into batter. Bake in preheated waffle iron according to manufacturer's directions. Serve with sausages, applesauce and maple syrup. Makes 6 servings.



Per serving		Daily goal
Calories	345	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	112 mg	300 mg or less
Sodium	661 mg	2,400 mg or less
Carbohydrates	42 mg	250 g or more
Protein	9 g	55 g to 90 g

TROPICAL FRUIT COMPOTE

Take ordinary fruit and make it exotic with the addition of prickly pear: Its brilliant magenta color and watermelonlike flavor will make any fruit medley sparkle.



Total prep time: 15 minutes ○

1 prickly pear (cactus pear), peeled and cut up
1 tablespoon fresh lime juice
1 tablespoon sugar
2 ripe bananas, sliced
2 kiwis, peeled and sliced
½ ripe pineapple, peeled and diced into 1-inch pieces
½ ripe papaya, peeled and diced into 1-inch pieces
1 cup halved strawberries

Combine prickly pear, lime juice and sugar in food processor or blender; puree until smooth. Strain mixture through fine sieve into large bowl. Stir in bananas, kiwis, pineapple, papaya and strawberries, tossing to coat. Makes 7 cups.

Per 1 cup serving		Daily goal
Calories	90	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	300 mg or less
Sodium	4 mg	2,400 mg or less
Carbohydrates	23 mg	250 g or more
Protein	1 g	55 g to 90 g

Recipes developed by Carol Prager and Lisa Brainerd.



The perfect cup of Joe

Coffee seems to be the one thing we just can't live without: Over 75 percent of us drink it during an average day. About two thirds like regular coffee, and while most stick to about two or three cups a day, one out of ten drink five or more cups! Decaf drinkers make up a solid 40 percent, and most limit themselves to one or two cups a day. Below, tips from Starbucks Company, a top-rated national retailer/roaster, on how to brew the perfect cup.

■ Fresh coffee beans make for the best coffee. Buy only enough for a few days, and store in a cool place for optimum freshness.

■ No matter what type of coffeemaker you use, start with cold tap water (consider using a water filter for better taste). Add two level tablespoons of coffee to six ounces cold water for regular strength.

■ If you want stronger coffee, use a stronger blend—not more coffee.

■ For the freshest cup, don't let coffee sit on the burner more than twenty minutes. Transfer to an airpot or vacuum server if you're not going to drink it right away.

■ Fresh coffee tastes best; but if you want to reheat a cup, don't boil it—boiling causes bitterness.

Surprise! A cup of yogurt has more potassium than a banana.



One 8 oz. cup of non-fat yogurt has more potassium than a banana, along with half your daily calcium requirement and many other essential nutrients.* So drink your milk. Have some yogurt. Enjoy the natural goodness of dairy foods—for life.

Dairy Foods, Good For Life.

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*Protein fortified non-fat yogurt. Calcium requirement based on U.S. RDA for women over 24

ONE-MINUTE BREAKFAST MIRACLES

BREAKFAST FOR ONE DOESN'T HAVE TO BE BORING—OR TOO MUCH TROUBLE TO WHIP UP FAST. TRY THESE TASTEFUL WAYS TO EAT AND RUN—EACH CAN BE COOKED OR HEATED IN 60 SECONDS



Banana-Bran Muffin

Split 1 bran muffin crosswise; arrange halves cut side up on microwaveproof plate. Spread bottom half with 1 teaspoon *each* cream cheese and orange marmalade and 4 banana slices. Cover with wax paper and microwave on High 45 seconds. Replace top of muffin.

Per 1 cup serving		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	46 mg	300 mg or less
Sodium	195 mg	2,400 mg or less
Carbohydrates	31 mg	250 g or more
Protein	4 g	55 g to 90 g



Southwest Scramble

Split 1 kaiser roll; sprinkle one half with 2 tablespoons shredded Cheddar cheese. Toast in toaster oven. Meanwhile, in 10-ounce microwaveproof custard cup, beat 1 large egg, 1 tablespoon milk and a pinch *each* salt and freshly ground pepper with a fork. Add ½ teaspoon butter. Cover with wax paper and microwave on High 1 minute, stirring halfway through. Spoon egg over cheese and top with 1 tablespoon prepared salsa.

Per 1-cup serving		Daily goal
Calories	320	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	236 mg	300 mg or less
Sodium	712 mg	2,400 mg or less
Carbohydrates	32 mg	250 g or more
Protein	15 g	55 g to 90 g



Goldi-Lox

Toast 1 flour tortilla in toaster oven until crisp, 1 minute. Spread top with 2 tablespoons cream cheese with chives. Top with 1 ounce lox or smoked salmon and sprinkle with pepper.

Per 1 cup serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	36 mg	300 mg or less
Sodium	901 mg	2,400 mg or less
Carbohydrates	25 mg	250 g or more
Protein	10 g	55 g to 90 g

A.M. Ham and Cheddar Melt

Split 1 corn muffin crosswise; arrange halves cut side up on microwaveproof plate. Place 1 slice ham and 1 slice Cheddar on bottom half. Cover with wax paper and microwave on High 45 seconds. Replace top of muffin.

Per 1 cup serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	44 mg	300 mg or less
Sodium	512 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	10 g	55 g to 90 g

Maple-Bacon Waffles

Toast 1 prepared frozen waffle. Meanwhile, place 2 slices Canadian bacon, 2 tablespoons maple syrup and 1 teaspoon butter or margarine in shallow 6-inch microwaveproof dish. Cover with wax paper and *(continued)*

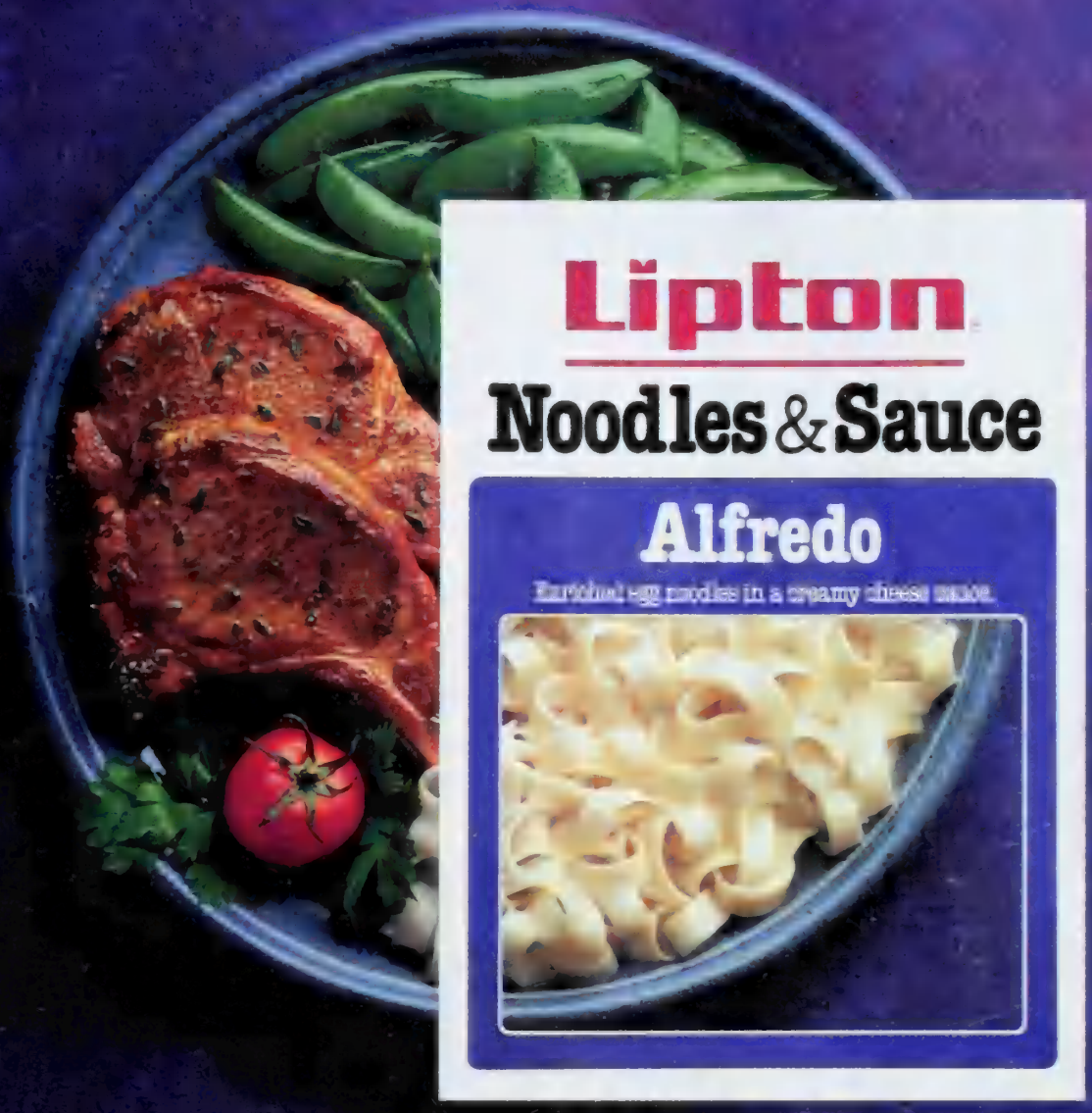


And the race is on

Hold on to your robes, folks, because our survey says morning rush hour starts at home. It's a wonder we make it out of the house with all our clothes on. (If it weren't for snooze alarms, a quarter of us wouldn't get up at all! But only 10 percent resort to setting their clocks ahead to trick themselves into timeliness.) Nearly everyone does pause to eat, but they're usually busy doing something else at the same time—checking on the kids' homework, catching the news on TV or scanning the paper. A few even manage to grab breakfast-to-go while walking the dog! Though planning ahead would make the morning a bit saner, only a quarter set their clothes out the night before, and a small bunch make lunches for the following day. For most of us, the morning's simply a scramble.

Paulette Bogan

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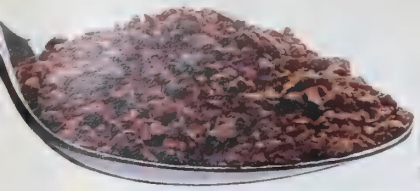


We've Got A Corner On Great Tasting Side Dishes.

What makes Lipton Noodles & Sauce so good? Rich egg noodles.
Our special blend of herbs and spices. And a delicious sauce you won't get anywhere else.
When it comes to quality, we never cut corners. Try our delicately seasoned taste.

THEY'RE THAT GOOD.





SO DARK AND RICH, SHOULDN'T YOU SWITCH?



Compare a spoonful of rich, dark decaffeinated Folgers® and it's obvious there's no contest. Sparkling in the spoon or steaming in the cup, Mountain Grown Folgers Crystals are the difference.





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(continued) microwave on High 1 minute. Serve with waffle.

Per serving		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)



Cholesterol	66 mg	300 mg or less
Sodium	807 mg	2,400 mg or less
Carbohydrates	36 mg	250 g or more
Protein	13 g	55 g to 90 g

Apple-Cheddar English Muffin

Split 1 English muffin and lightly toast in toaster oven. Spread each half with 1 tablespoon apple butter and sprinkle with 1 tablespoon shredded Cheddar cheese. Toast 30 seconds more.

Per serving		Daily goal
Calories	255	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	379 mg	2,400 mg or less
Carbohydrates	43 mg	250 g or more
Protein	8 g	55 g to 90 g



Pineapple Bagel

Split 1 plain bagel. Spread each half with 1 tablespoon cream cheese and top with 1 canned pineapple slice; sprinkle with 1 teaspoon cinnamon sugar. Broil 1 minute.

Per serving		Daily goal
Calories	310	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	31 mg	300 mg or less
Sodium	436 mg	2,400 mg or less
Carbohydrates	46 mg	250 g or more
Protein	8 g	55 g to 90 g



Sticky-Bun Toast Topper

Combine 1 tablespoon brown sugar, 2 teaspoons butter or margarine, 1 teaspoon corn syrup and ⅛ teaspoon cinnamon in microwaveproof cup. Microwave on High 1 minute; stir. Spread on 2 slices toast.

Per serving		Daily goal
Calories	270	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	22 mg	300 mg or less
Sodium	336 mg	2,400 mg or less
Carbohydrates	43 mg	250 g or more
Protein	4 g	55 g to 90 g

Wake up, Little Suzette

On each of 2 prepared crepes, spread 2 teaspoons orange marmalade and 2 tablespoons ricotta or cottage cheese. Fold crepes in quarters, place on microwaveproof plate and microwave on High 30 seconds.

Per serving		Daily goal
Calories	265	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	39 mg	300 mg or less
Sodium	215 mg	2,400 mg or less
Carbohydrates	35 mg	250 g or more
Protein	9 g	55 g to 90 g

FASTEST RECIPE OF THE MONTH

Chocolate Croissant

Slice 1 croissant in half horizontally. Sprinkle bottom half with 1 tablespoon chocolate chips; replace top. Microwave on High 30 seconds.

Per serving		Daily goal
Calories	220	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	24 mg	300 mg or less
Sodium	240 mg	2,400 mg or less
Carbohydrates	26 mg	250 g or more
Protein	4 g	55 g to 90 g



TOP TEN CEREALS

Nearly half of us start our day with a bowl of these favorites

1. **Cheerios**
2. **Frosted Flakes (Kellogg's)**
3. **Honey Nut Cheerios**
4. **Corn Flakes (Kellogg's)**
5. **Rice Krispies**
6. **Raisin Bran (Kellogg's)**
7. **Froot Loops**
8. **Lucky Charms**
9. **Whole Grain Total**
10. **Grape Nuts**

Certified Data (based on dollar amounts sold, September 1990 to August 1991).



Eye-opening facts we learned about you

■Certain dinner leftovers make great breakfasts, but pizza? Believe it or not, 5 percent say they prefer cold pizza in the A.M.■Move over, o.j.: More than one out of ten women surveyed say they pop open a soda shortly after the alarm goes off (at least it goes well with pizza!) ■Since so many of us wake up on the wrong side of the bed, it's no wonder mornings aren't for making love—only 1 percent feel romantic. ■When the alarm sounds, it's a struggle just to reach over and hit the snooze button, right? Well, 2 percent actually roll out of bed and start exercising! ■Health's a high priority. More than half make the effort to take their vitamins.

NAME ONE PLUMBER THAT'LL WORK 24 HOURS A DAY.
(answer below)



A clogged drain can happen anytime. So it's good to know that there's never a bad time to call on Liquid-Plumr®. Liquid-Plumr® drain opener clears tough hair clogs fast to get your drain running smoothly again. It's one plumber that's always on call.

THE PLUMBER TO CALL FIRST.
LIQUID-PLUMR®

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The proof's in the pudding

Dear readers:
During a recent stay at The Greenbrier Hotel, in White Sulphur Springs, West Virginia, the Journal's editor-in-chief, Myrna Blyth, tasted a bread pudding topped with a super sauce (the secret ingredient? Ice cream!). We think you'll love it too.

YOU ASKED FOR IT!

Preheat oven to 450°F. Cut 15 slices of white bread into 1-inch cubes. Arrange in a single layer in jelly-roll pan and bake 7 minutes or until lightly toasted. Cool.

Reduce oven temperature to 350°F. Arrange bread in bottom of a shallow 2½-quart baking dish; drizzle with ½ cup melted butter. Whisk 6 large eggs, 1 quart milk, 1¼ cups sugar and 1 teaspoon vanilla extract until smooth. Stir in 1 cup raisins. Pour mixture over bread. Bake 40 to 45 minutes, until toothpick inserted in center of pudding comes out clean. Serve warm or at room temperature with Vanilla Sauce. Makes 12 servings.

Vanilla Sauce: In medium bowl, whisk 4 large egg yolks, 1 tablespoon flour, 2 teaspoons vanilla extract and a pinch salt until smooth. Heat 2 cups heavy or whipping cream and ½ cup sugar in medium saucepan over medium heat until bubbles form at edge of pan. Remove from heat. Whisk 1 cup hot cream mixture into eggs, then whisk back into pan. Reduce heat to low and cook sauce, stirring constantly, until thickened, 2 minutes. Remove from heat and stir in 1 scoop vanilla ice cream. Strain sauce through fine sieve. Serve warm or chilled. Makes 3 cups.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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story—that he had abused drugs as a teenager, because he had been unable to deal with the pressures of growing up.

LOVE AND FORGIVENESS

But despite her pain, confidantes say Joan harbors no bitterness against her ex-husband for involving Patrick and Smith in a worldwide scandal. "She is not angry at him," Joan's younger sister, Candace McMurrey, told the *Journal*. "Actually, she is forgiving. She supported him then [when the incident occurred], and she supports him now."

In fact, Joan, whose marriage of twenty-four years was dissolved in December 1982, still talks to Ted frequently, once or twice a week. Says one observer, who asked to remain anonymous, "Even after ten years, she has never completely broken the cord that binds her to Ted Kennedy. She seeks his advice often. Aides in Kennedy's office have standing orders to put her through to him at once whenever she calls."

Kennedy has also provided well for her; Joan reportedly got a lump sum of $5 million when the marriage broke up, as well as child-support payments, annual alimony of $175,000, and a summer home on Cape Cod.

But increasingly, according to those who know her best, this most vulnerable of the Kennedy women is building her own reserves of strength to call on. Although she clearly lost control of herself following the Palm Beach disclosures, she wasn't utterly unable to carry on, as she would have been years ago.

"Joan is no longer devastated by the down periods in her life, as she was during the Washington years," McMurrey says. "It has taken a long, long time, but now she has the strength and resilience to bounce back . . . The very day after her arrest [in 1991] she was back at her desk in her apartment, hard at work on a book she is writing about classical music. When I talked to her that day, she regretted the incident deeply but was otherwise fine."

It wasn't always that way. In the late sixties, Joan seemed to be unraveling, beset by rumors of her husband's infidelities and overwhelmed by the pressures of public life and the fear that Ted would, like his brothers, be assassinated.

"I was a very, very sick lady," she told me during one of the many talks we've had over the years. She recalls drinking martinis steadily throughout the day, so often that she lost count of how many she had had. She neglected her personal appearance: Her face became gaunt; her hair, straggly. Her anguish was compounded by the tragedy of Chappaquiddick, which effectively ended her husband's presidential hopes. The stress brought on by Teddy, Jr.'s bout with cancer in 1973 aggravated her problem, and the next year she was humiliated when she faced a widely publicized charge of drunken driving.

After hitting bottom, Joan went into intensive therapy. In the years leading up to her divorce, and for a long time afterward, she went to regular private sessions with a psychiatrist and underwent stays in rehabilitation centers and months of outpatient treatment. Today, she remains an active member of Alcoholics Anonymous, knowing that alcoholism is a disease with a lifelong recovery process.

Unquestionably, her 1958 marriage to Kennedy contributed most heavily to her problems. They were a striking couple; he was handsome and charming, she was genteel and beautiful. But in more profound ways, Joan and Ted were not well suited. She had little in common with Ted and his family. They were extroverts, she was quiet; they were steeped in politics, she, in Bach and Beethoven; they were highly competitive, she was not.

Despite her shyness and lack of interest in politics, she campaigned gallantly for Ted and his brothers, winning praise not only from her husband but from the best woman campaigner of the clan, Rose Kennedy herself. In 1964, after Ted broke his back in an airplane accident, Joan campaigned *(continued)*



alone for five months. Political analysts said she won the election for him, and Ted agreed.

But no campaign triumph could make up for the continuous alienation that Joan seemed to feel while living among the athletic Kennedys. "They do it all so well," she once wailed after a disastrous attempt at waterskiing. "I'm a flop."

Even more painful was the knowledge that her husband was slowly falling out of love with her. And while Joan has never talked publicly about her feelings for Ted, the continuing contact indicates that she has, at the very least, a lingering affection for him.

THE QUIET LIFE

The tragedies she's suffered make it all the more remarkable that Joan has been able to forge any kind of life for herself, let alone one that is as full as hers appears to be these days.

Her most cherished project now is a book, as yet untitled. Her editor, Nan A. Talese of Doubleday, says it will "demystify classical music" for those who are intimidated by it. "No ghost [writers] for me," Joan says proudly. "Every word will be mine." Music is her lifelong passion; she learned piano at age four and made her concert debut with the Philadelphia Orchestra. Since then she has played at the John F. Kennedy Cen-ter for the Performing Arts, in Washington, D.C., and at a number of benefits.

When she's not working on the book, Joan, who lives in an elegant apartment in Boston's Back Bay section, serves on a number of charity committees. She jogs along the Charles River, a scarf wrapped around her head to avoid recognition. Sometimes the disguise doesn't work, and she gets a cheery "Hi, Mrs. Kennedy" from passersby.

She also sees and talks frequently with her children: Teddy, Jr., Patrick and Kara, thirty-two, a video-production manager for a nonprofit organization, who is married to a Washington architect, Michael Allen. In the summer, she retreats to her eleven-room cottage on Squaw Island, near the Kennedy compound in Hyannis Port. The home, almost entirely hidden behind tall trees and bushes that line a narrow macadam road, is a priceless retreat for her, where she can take long, solitary walks on the beach.

Joan also enjoys a small circle of intimate friends whom she sees often. "They are women I've known for ages and ages," she once told me. "They're not anybody you'd read about, but they mean a lot to me. Some have been friends since I was seventeen or eighteen... I'm lucky... My family, my friends, my children—I love them and am loved in return."

After her marriage broke up, she had a serious romance with a physician, Dr. Gerald Aronoff, that lasted for more than two years. Her friends thought that the pair might marry eventually, but the relationship cooled.

"Right now, there are no men in my life," says Joan, adding with a laugh, "at least, none that I want to talk about."

When asked if there have been any romantic involvements since then, Joan is evasive. "Right now, there are no men in my life," she says, adding with a laugh, "at least, none that I want to talk about." But Candace McMurrey is more open about her sister's lovelife. "Since Gerry, Joan has had three others, all of them pretty serious," she says. "They are all good friends now. She does have dates, and I'm not going to say she won't fall head over heels in love with someone and marry him. But now, there's nobody in sight."

And Joan herself adds firmly, without a hint of doubt, "There is no remarriage in my future. I love my life the way it is."

But don't expect to learn a whole lot more about that life, at least for now. When I ask Joan if she is working on her memoirs, she bursts into unexpected laughter. "Are you kidding?" she says. "I'll never, *ever* do that." She paused, just for a second. "Well," she adds, "maybe when I'm ninety." ■

Lester David, a New York–based journalist, has written six books on the Kennedys, including "Joan: The Reluctant Kennedy" (Funk & Wagnalls, 1974).

Journal Shopping Center

FACIAL ATTRACTION Page 116-120 All makeup by Revlon Carmen: New Complexion Makeup in Ivory; New Complexion Powder in Light; Naturally Glamorous Blush-On in Rose Delight; Overtime Shadow in Pale Sensations (peach, ivory, charcoal); Fabuliner Liquid Eye Liner in Black (upper); Waterproof Eye Shaper in Mink (lower); Long & Lustrous Mascara in Black Cat Black; Natural Brows Color & Style System in Rich Brown Velvet Touch Lipstick in Rococo Red; Waterproof Lip Shaper in Redtones. Francesca: Springwater Makeup in Beige; Springwater Pressed Powder in Medium; New Complexion Concealer in Medium; Waterproof Eye Shaper in Mink; Overtime Shadow in Nudes; Special Eyes Micropure Mascara in Pure Brown; Springwater Blush in Fresh Peach; Micropure Precision Eyelining Pen in Soft Black; Outrageous Lipcolor in Great Bronze; Outrageous Lipcolor in Stunning Red; Color-Lock Anti-Feathering Lip Base; Waterproof Lip Shaper in Bronzetones. Leticia: New Complexion Makeup in Mocha Beige; New Complexion Concealer in Deep; New Complexion Pressed Powder in Deep; Naturally Glamorous Blush-On in Toast of New York; Waterproof Eye Shaper in Onyx; Custom Eyes Colorcreme Shadow in Ranch Mink; Custom Eyes Colorcreme Shadow in Sungold; Fabulash Mascara in Black; Waterproof Eye Shaper in Pecan; Super Lustrous Lipstick in Sandalwood Beige; Waterproof Lip Shaper in Nudetones.

WAKE UP, AMERICA Page 147 Plate and mug, the Pottery Barn, 700 Broadway, NYC 10003. **Page 152** Center, table, ABC Carpet & Home, 888 Broadway, NYC 10003; glasses and linen, Portico, 379 West Broadway, NYC 10012. Bottom, plates, Portico. **Page 154** Fork, Pottery Barn. **Page 158** Left, fork, Pottery Barn; napkin, Bette Blau, NYC. Center, table and chair, ABC Carpet & Home; spoon, Pottery Barn. Right, cup and saucer, Conran's Habitat, 2 Astor Place, NYC 10003; spoon, Pottery Barn, napkin, Bette Blau. **Page 160** Bottom left, plate, Conran's Habitat; fork and glass, Pottery Barn; cup and saucer, Portico. Center, plate, Portico. **Page 162** Left, plate and mug, Pottery Barn; radio alarm clock, Sony. Top right, Walkman, Sony. Bottom right, plate, cup and saucer, Pottery Barn. **Page 163** Spoon, Pottery Barn.

SUITE DREAMS Page 124-127 Unless otherwise indicated, all items available from most JCPenney stores or their Spring/Summer '92 catalog. Write JCPenney Home Publicity, 5420 LBJ, LC2, 17th Floor #348, Dallas, TX 75240; or call 800-222-6161. All paint by Sherwin-Williams, Superpaint in semi-gloss or flat latex. Flowers by Calyx and Carolla, 800-800-7788. Fabrics treated with 3M Scotchgard Fabric Protector, 612-733-1110. MASTER BEDROOM: Carpeting, powder peach, Expressive Innovations, Shaw Industries, 800-322-3040; wrought-iron bench, The Phillips Collection, 718-482-7676; Copper Safari table, Design III, provided through the Copper Development Assn., 800-232-3282; urn, Vignettes, 800-228-7707; gas corner fireplace, Superior Fireplace Co., 714-521-7302; tile facing, porcelain Paver tile, American Olean, "Terra Paver" Collection, 215-855-1111; fishtail palm tree, Plantworks, 702-795-3600. JCPenney: "Bianca" Battenburg bedding, Duvet cover #702-0605, sham #702-0621, assorted pillows; "Chateau" down comforter, #717-7991; king-size Sealy mattress; DesignLine "Emily" upholstered chairs in taupe/ivory awning stripe; "Moon" Collection fruit bowls, four-handled vase and hexagon plate; medium jewelry box, #778-5937; small jewelry box, #778-5936. MASTER BATHROOM: Carpeting, Shaw Industries; Omnipanel Accents heated towel rack, Runtal Radiators, 800-526-2621; bath products, H_2O Plus, Inc., 800-424-BATH; urn, Vignettes; porcelain Paver tile, "Terra Paver" Collection, American Olean; whirlpool, the Symphony Collection and Amarylis Shower System, American Standard, 800-821-7700, ext. 4023. JCPenney: Capel "Kelim" rug #164 in cream pewter; Gold Octagon mirrors, #772-7460; Brass Buffet lamps, #770-6124; Lane "American Shaker" four-drawer dresser; Terra Graphics two-tone wood frame in blond/black, #040-6161; Burnes of Boston small frame; Health-o-meter upright balance-beam scale #R744C2403A; DesignLine "Cybil" ivory tone-on-tone mini-check chair, #792-9356, DesignLine Collection fabric #4019; "Tigress" Collection towels; "Moon" Collection candleholders and four-handled vase; Capezio "Cantadora" large satchel. Clothing by Saks Fifth Avenue, Fashion Show Mall, Las Vegas. GIRL'S ROOM: Elite Shades, Hunter Douglas Window Fashions, 800-937-7895; stuffed animals, Animal Crackers, Fashion Show Mall, 702-734-8697; carpeting, powder jade, Expressive Innovations, Shaw Industries. JCPenney: peach plaid Accent rug, #745-4446; Nantucket Collection drapes, turquoise/ivory stripe, fabric #0629060; solid wood decorative drapery pole #R735-7080A; "Sanibel" bedding, comforter #703-8219, sham #703-8276 and assorted pillows; Bassett Banister bed; queen-size Sealy mattress; acrylic throw, Spruce Green #720-2032; AT&T cordless phone with answering machine, #638-3319; Studio Collection halogen floor-lamp; "Baker Street" chaise in white, #792-4186, Nantucket Collection fabric, turquoise/ivory stripe #026-9060; DesignLine Parsons bench, ivory tone-on-tone mini-check, DesignLine Collection fabric #4019; "Elegant Woods" Collection Burnes of Boston frames; Fresh Country lamp, #770-1048; Carolina white-washed reed mirror, #772-7738; 13-inch TV/VCR, #855-960; Bassett nightstand, #790-6654; Bassett Banister armoire, #790-6662; tapestry trunk, Vineyard Gifts, #045-6652. BOY'S ROOM: Duette Classic Shades, Hunter Douglas Window Fashions; cars, computer map game, pool table, all from The Sharper Image, Fashion Show Mall, 800-344-4444; carpeting, Expressive Innovations, Shaw Industries; Calder prints, Minotaur Gallery, Fashion Show Mall, 702-737-1400; globe, Animal Crackers, 702-734-8697. JCPenney: Amisco arch-shaped cherry red bunk-bed, #790-3131; "Lagoon/Deep Blue Sea" sheet set, bottom bed, full-size sheets #704-2591, top bed, twin-size sheets #704-2583, comforter #722-5921, sham #722-5293, bedskirt #722-5295; corduroy beanbag chairs, #861-1139; Gallery halogen floor-lamps, #770-4060; guitar #687-3285; amplifier #687-2220; Tube Style desk #790-1051; Tube Style chair #790-1044; round wire trash basket, #778-5187; JanSport small duffle, #047-6210. CHILDREN'S BATHROOM: Bath products, H_2O Plus, Inc.; Stratford bathing pool and Ceramix shower in Candlelyght, American Standard; unglazed Ceramic Mozaics tile, American Olean; painted copper fish provided through the Copper Development Assn. JCPenney: wicker hamper, #744-4177; "Tropical Brights" Collection towels.



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ROSEANNE'S OWN JOURNAL

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ON THE SET WITH THE CAST OF *NORTHERN EXPOSURE*; GETTING SERIOUS WITH PATRICK SWAYZE; THE THIRD ANNUAL LADY AWARDS; AND MORE.



in the news

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It seems that every time we turn around, someone of note is accused of having an affair: Bill Clinton, Sarah Ferguson, Donald Trump. Do famous folks *really* stray more than ordinary citizens? LHJ takes a look at the not-so-private secrets behind so many public lives. *By Andrea Gross*

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The future of our nation is linked to the quality of our children's education. Once again, we've joined forces with Reading Is Fundamental (RIF) to help you motivate your kids, with a comprehensive package of can-do activities and advice. *By Margery Rosen*

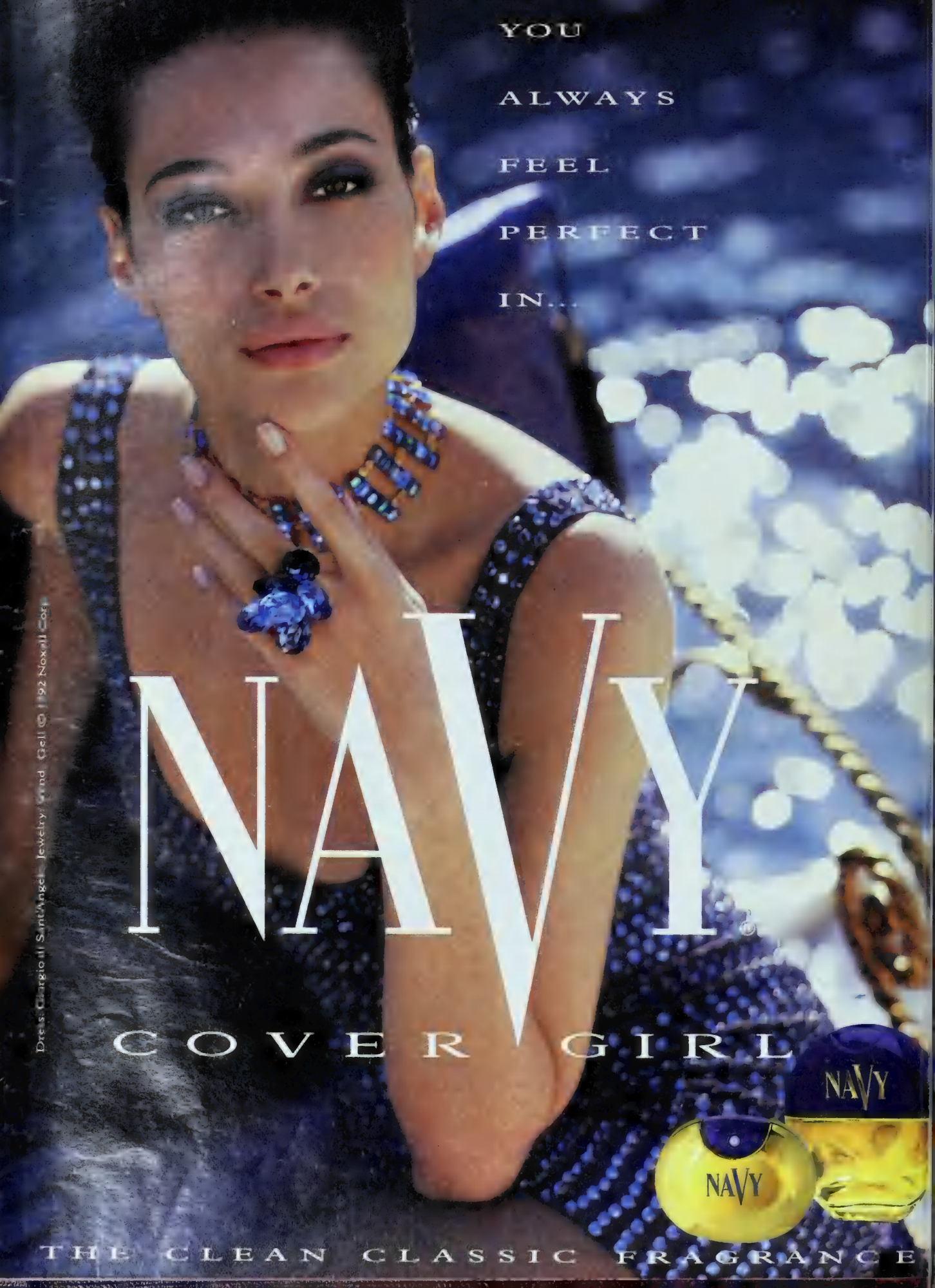
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editor's Journal

On our cover



You know what I really *love* in Ladies' Home Journal," Roseanne Arnold told me the first time we talked: "the *makeovers*." Obviously I had to respond by asking TV's top-rated female comedy star if she just might like a makeover of her very own. "I'd love that," she said, and we knew that making Roseanne gorgeous was a challenge LHJ just had to take.

Time was tight because of Roseanne's schedule and our deadlines. There was only one possible weekend for the makeover and photo session to happen in New York. But Roseanne had to appear at a comedy club on Saturday night and be back in L.A. on Monday morning. Fortunately, the Arnolds solved the problem in a superstar way: They chartered a private jet and flew all through Saturday night.



THE WAY SHE WAS: Roseanne as she appeared on our September 1989 cover

Early Sunday morning, Roseanne arrived at photographer Francesco Scavullo's elegant East Side town house to let stylist Sean Byrnes, makeup artist Kevyn Aucoin and hairstylist Harry King work their magic. She should have been dead tired. She wasn't. She could have been difficult. She wasn't. She was pleasant, friendly, professional and delighted with the results. So was Tom Arnold. When he was given a Polaroid of the newly glamorized Roseanne, he put it in his wallet with the other photos of his wife he always carries. He wanted the prettiest picture ever of Roseanne. So did we!

What else is special in our April issue? Our bonus section, "The joy of reading," which we believe could be the key to your child's future success. Also, please read our report on abortion, a subject few women's magazines will write about. But at LHJ, we are committed to discussing the important issues for women today. We want you to think about this complex subject, and we want to hear what you think. It's your chance to speak out and be heard. Please don't miss this opportunity.

Myrna Blyth

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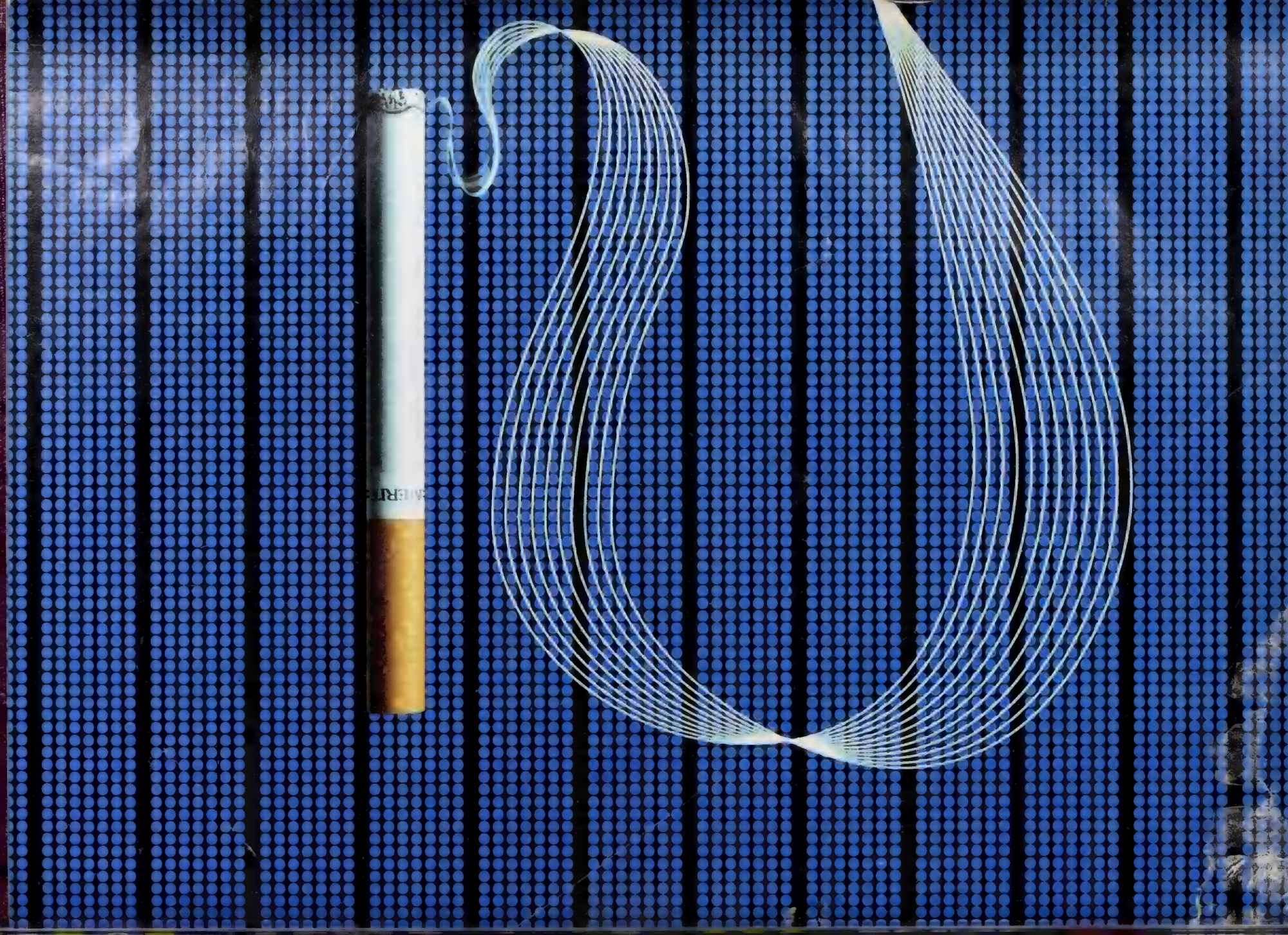
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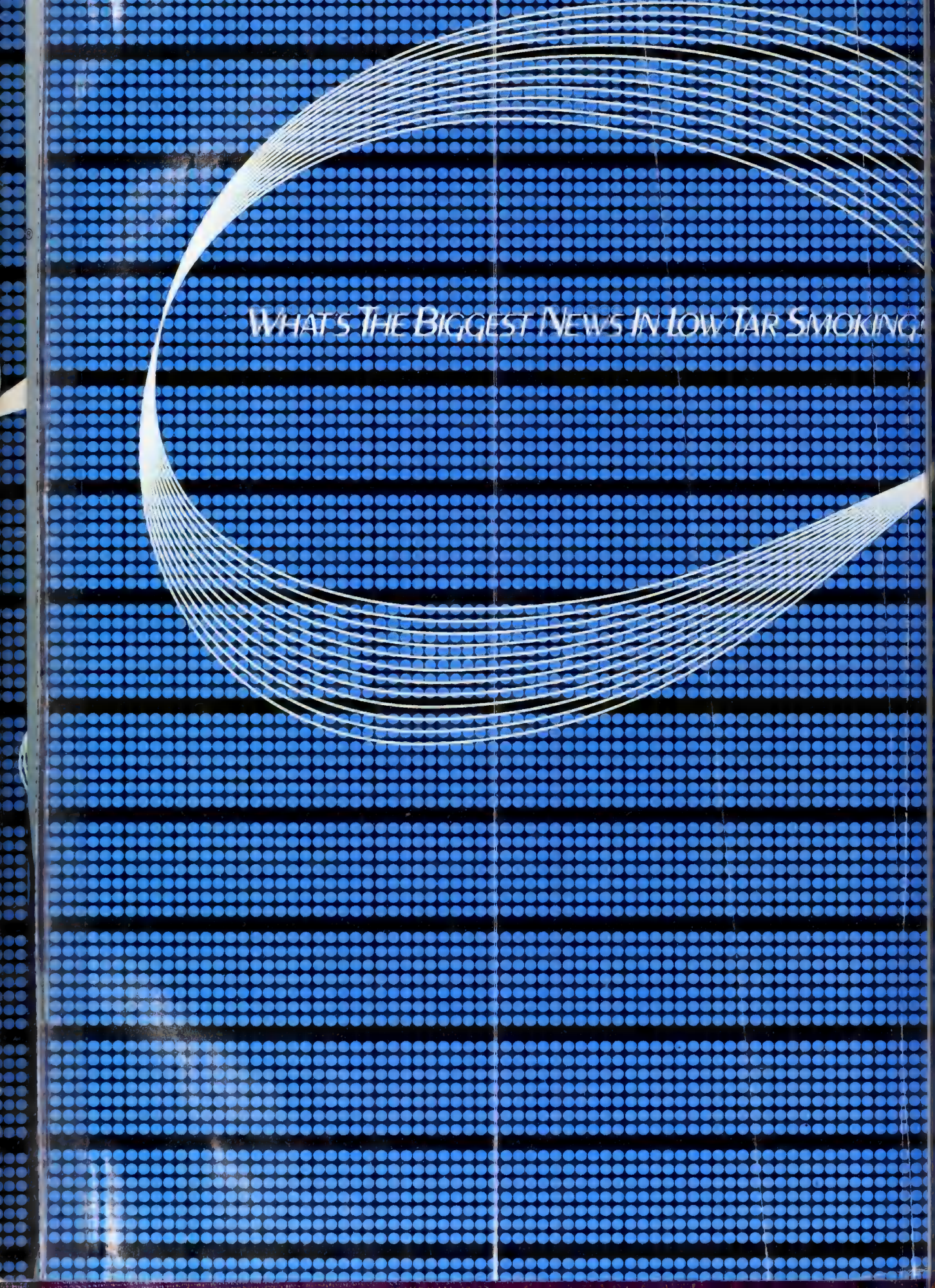
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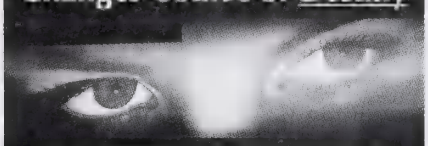
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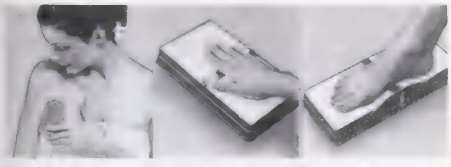


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WHAT MEN FEAR

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she'll be supportive. But when a man displays his vulnerability to another man, say, the boss, he figures the other guy will take advantage, and he has to protect his provider status at all costs.

TALKING IT OUT

Silence can be a survival mechanism that lets a man retain his self-respect. But too much silence undermines the very stability men are struggling to preserve. Their wives end up disgruntled and feeling left out. If you're married to a man like this, you probably think you can't possibly reach him. But you'll never know unless you try.

A good way to start is by setting aside an hour or so each week—for instance, on Sunday morning—as a private time to let each partner vent problems or fears. Farrell suggests alternating weeks of talking: One week he will speak and you will listen, and vice versa the next. To help your husband open up, Witkin offers the following suggestions:

- The focus is to make him feel good, not to pressure him into talking (e.g., "If you loved me, you'd tell me"). Don't take it personally if he doesn't want to share everything immediately.
- Whatever disclosures he makes need to be made in his language. Don't give advice, don't jump in and interpret, don't suggest other wording.
- Let him know he doesn't have to "win"; he just has to be heard.
- After he's finished, repeat what he's said—in your words. This shows that you were listening and that what he said didn't frighten you away. Also, having it all played back gives him a chance to fine-tune his emotions.
- Let him know that he has a safety net—that you want him to come talk to you again the next time he needs to.

If this kind of one-on-one communication is too stressful or embarrassing for your husband, you might let him know that he can seek out other men to share his feelings with. The men's movement is starting to make such exchanges more acceptable and has spawned numerous small groups in towns across the country. (Check for notices on bulletin boards, or call a local therapists' association to see who runs clinics or men's groups.)

The bottom line is that for men to comfortably co-exist with their fears, they must understand that they are not alone and that every other man is weighted down with fears—many identical, some more individual. They've got to feel as secure as Chad Bessette, who says, "I have fears like anyone else. But I'm no less a man because of it." ■

Hank Herman is a free-lance writer who lives in Westport, Connecticut.

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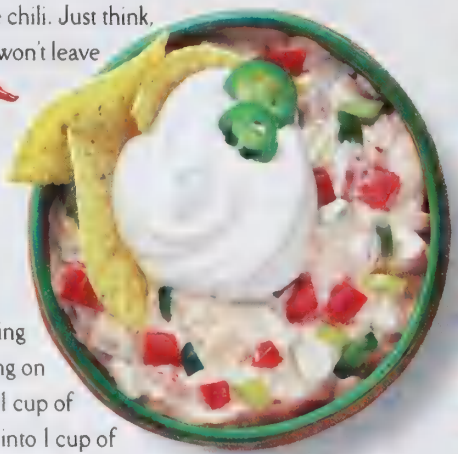
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MOTHERS

continued from page 176

toward pregnant women who are ill with cancer. Twenty-five years ago, virtually all pregnancies of cancer patients were terminated, for fear that treatment such as chemotherapy would irreparably harm the fetus or that treatment delayed because of pregnancy might risk a patient's life. In the case of breast cancer, doctors thought that pregnancy could make the condition recur if it had been in remission. But new research on cancer treatment is changing the picture. And women themselves are choosing to continue their pregnancy while they fight their illness.

The outcome of each pregnancy depends on the type and extent of the cancer, of course. Yet research shows that even aggressive treatment does not inevitably damage the baby. Richard Theriault, M.D., of M.D. Anderson Cancer Center, in Houston, is monitoring a study of eleven pregnant women with breast cancer who underwent surgery and chemotherapy during pregnancy. So far, ten have delivered babies that show no signs of abnormality. The last woman was waiting to give birth as this article went to press, and her pregnancy was proceeding normally. Says Theriault, "Although some types of chemotherapy may pass the placenta, the types we're using do not seem to have an effect on the fetus."

Maria Eliaz-Lara was one prospective mother who took that chance. Eliaz-Lara, thirty-eight, a Houston-area teacher of office technology, discovered a lump in her breast in April 1990, when she was two and a half months pregnant with her second child. Given a good prognosis because of the early stage of her disease, Eliaz-Lara was nonetheless frightened for the safety of her unborn child. "I became really afraid that I would lose this baby and not be able to have another," she says. Doctors at M.D. Anderson performed a modified radical mastectomy on her and tailored Eliaz-Lara's chemotherapy treatments to both her illness and her pregnancy. On Halloween 1990, she safely delivered her second daughter, Briana (her first daughter, Elessa, is six). As with many women in her situation, Eliaz-Lara worried as much about her unborn child as about herself. "My fear," she says, "was for my baby."

THE DESPERATE QUEST

The passion for motherhood may be most pronounced, and most poignant, among those who, several years ago, would never have had a baby at all. To these women, advances in fertility treatment make motherhood seem more and more like a goal that can—and must—be reached.

Factors such as age and health, however, continue to deprive many women of their dream. According to the National Center for Health Statistics, from age thirty to thirty-four, 13.6 percent of women are unable to conceive. From thirty-five to thirty-nine, the proportion jumps to 24.6 percent. The chance of infertility is greatest from age forty to forty-four, when it rises to 27.2 percent. Factors include increased incidence of endometriosis; damage from pelvic infections, which can cause tube blockage; or simple changes in the ovaries due to aging. And the high-tech methods such as in vitro fertilization are no guarantee—experts say their overall success rate is only 16.6 percent.

For would-be mothers, fighting the infertility battle becomes part of their daily routine. When Helena Martin (not her real name), forty-one, a Miami teacher, married her husband, Bill, in 1990, they decided to start a family. But after she suffered a miscarriage, she went to a fertility specialist and subsequently had fibroid tumors removed from inside and outside her uterus. Since then, she charts her temperature every day and vigilantly tracks her monthly cycle to be sure of the optimum time for conception. "I feel pressure about getting going," Martin says. "At my age, there are no guarantees. Now I'm just living day to day, waiting to see what happens."

While Martin is philosophical about the fact that she may never bear a child, other women in her position often find themselves the victims of an obsession that can destroy their self-esteem, their finances, even their marriage. Says John Bergstrom, M.D., a gynecologist in Portland, Oregon, with a large fertility practice, "Having a baby can be an all-consuming thing for many women. They become driven. There have been marriages that have actually fallen apart under the enormous stress."

The obsessed are women like Anna Martinez (not her real name), a forty-one-year-old registered nurse from Florida who has been trying to become pregnant for the past three years. Because she has lost the function of both her ovaries, Martinez, who is unmarried, soon expects to try in vitro fertilization with both donor egg and sperm. The process costs up to $12,000, only part of which will be paid by her insurance. "At first I felt like a failure," Martinez says. "Finally, I accepted it. At least if the baby is not mine biologically, I will carry and give birth to it."

The process is painful and expensive—and it may fail—but Martinez is willing to undergo it, to spend her life savings and defy social mores, for a deceptively simple reason. Martinez, her voice choked, seems to be speaking for millions of women today when she says intently, "I really want to be a mother." ■

Kathryn Casey, a writer based in Houston, is the mother of two and a contributing editor of Ladies' Home Journal.

MEDINEWS

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ASPIRIN ***(continued)*** blood that bolster the effectiveness of disease-fighting white blood cells. The George Washington researchers are now testing whether this enhances the effectiveness of flu vaccine and maybe even retards the progress of the HIV infection.

Pregnancy Recent studies have shown a reduction in certain pregnancy complications and low-birth-weight babies among mothers who took low doses of aspirin daily.

Not all of these findings are final, however, and doctors don't endorse preventive self-dosage with aspirin. What's more, when used steadily over a long period, aspirin can lead to stomach and intestinal pain and even bleeding ulcers, although coated or buffered versions are less irritating. And while taking aspirin may prevent strokes caused by clogged blood vessels, the Physicians' Health Study showed that it may promote those caused by bleeding in the brain. Children under eighteen who are suffering from viral illnesses such as chicken pox or flu should not be given aspirin at all, as it may lead to Reye's syndrome—a serious liver disease. Finally, pregnant women should ask their doctor before taking aspirin. —KIM C. FLODIN

GERMS ***(continued)*** Symptoms include coughing, fatigue, weight loss, night sweats and a low-grade fever.

Chlamydia pneumoniae Doctors have recently identified this microorganism, related to the chlamydia bacteria that cause the sexually transmitted disease of the same name, as the cause of about 10 percent of cases of pneumonia, about two hundred thousand each year. Although it is treatable, doctors must take care to pinpoint the cause of any case of pneumonia in order to prescribe the proper antibiotics: Penicillin—the standard medication for many cases of pneumonia—is ineffective against chlamydia pneumoniae.

Echovirus 30 This virus, which lodges in the throat and the digestive system and may cause severe flu-like symptoms, is transmitted much like the common cold. Incidence of echovirus 30 infection has recently been on the rise as part of a natural cycle in the microorganism population. The virus can invade the central nervous system, and in 1991 it accounted for about ten thousand cases of viral meningitis, an inflammation of the tissue surrounding the brain. The disease, which cannot be treated with antibiotics, usually resolves itself, but it requires evaluation by a doctor. The onset of meningitis is marked by fever, severe headache, and a stiff neck. If you suspect meningitis, seek medical attention immediately. —JOAN LIPPERT

LENOX

I'm a Little Teapot

The song you loved as a child inspires a porcelain collector doll to cherish.

"...Here is my handle, here is my spout..." Katie has just learned the teapot song, and she loves it, as have generations of children.

I'm a Little Teapot is an adorable porcelain collector doll created by the renowned master dollmakers of Lenox. Katie is a bubbly little girl who enjoys acting out each part of the song. See the tiny smile in the upturned corners of her mouth as she curves her arms. You can almost hear her sweet little voice.

From her silky hair ribbon to her lacy anklets, Katie's hand-tailored outfit is as timeless as the rhyme she portrays. Her snowy apron is embroidered with a tiny teapot—a perfect Lenox® touch.

In the Lenox tradition of quality, the head, arms, and legs of this imported doll are meticulously sculpted of bisque porcelain. Her pretty eyes are hand set, too. And Katie is available for $119, in convenient installments.

I'm a Little Teapot will be cherished as long as children love the teapot song. Respond by March 31, 1992. 680876

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Shown smaller than actual size of 14 3/4" high.

Please enter my reservation for *I'm a Little Teapot* from Lenox, a fine porcelain collector doll, handcrafted and hand painted. My doll's outfit will be completely hand tailored. A Certificate of Authenticity and hardwood display stand will also be included.

I need send no money now. I will be billed in seven monthly installments of $17* each, with the first installment due just before shipment.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

Please mail by March 31, 1992.

Name _____
PLEASE PRINT

Address _____

City _____ State _____ Zip _____
680876

* Plus $5.98 per doll for shipping, handling and insurance. Sales tax will be billed if applicable.

LENOX. SINCE 1889.

EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION



Remember The Basics

Eating right means having a wide variety of foods in moderation every day. **There are no good or bad foods.** There are only bad eating habits.



Puzzled By Nutrition?

It's easy to be confused about nutrition. Scientists are continually discovering new benefits in some foods and causes for concern in others. A registered dietitian is the food and nutrition expert who can separate facts from fads and translate the latest scientific breakthroughs into practical food choices.

Your life already is touched by registered dietitians in more ways than you may realize. They work with food companies to develop new products, with restaurants to create healthy menus, and with the media to communicate nutrition-smart information. You'll find them in healthcare, business, and education. They're in hospitals and health clubs, colleges and cafeterias, research labs and private practices, daycare facilities and senior centers.

The letters "R.D." after a person's name signify that she or he has at least a baccalaureate degree and training in dietetics or a related area at an accredited college or university, and has demonstrated competency in a national registration examination. Many registered dietitians also hold advanced degrees.

To find a registered dietitian, contact your physician, local hospital, state or local dietetic association, or write to the National Center for Nutrition and Dietetics at 216 West Jackson Boulevard, Suite 800, Chicago, Illinois 60606-6995.

10 Tips For Successful Waist Management

1. Start with a commitment. (A goal to lose ten pounds for a class reunion is not a long-term commitment.)
2. Identify your major problem area. A food journal logging when, where, what and why you eat would be helpful.
3. Be realistic. Don't expect to lose ten pounds of fat in one week. (This would require a daily deficit of 5,000 calories!)
4. Fight the "quick-fix" temptation of crash diets. They usually don't work and result mostly in water-weight loss.
5. Don't put your lifestyle on hold to "go on a diet"; it ignores the real challenges such as sweet attacks, eating out, alcohol, and exercise.
6. Choose a plan you could realistically follow for a lifetime. Be sure it includes foods you like.
7. Exercise - but choose an activity you enjoy.
8. Remember that weight plateaus are normal. Focus on your progress and remember where you started.



9. Keep in mind that one food indiscretion does not make or break your weight. It is what you eat on a regular basis that counts.
10. Don't skip meals. Skipping meals can make you hungrier and you may end up overeating, regardless of your intentions.

If it tastes too good to be fat free, it's Kraft® Free®.



Who says fat free has to be taste free? Not Kraft® Free®. It's full of flavor. Smooth, creamy flavor. The kind of flavor you might be surprised to find behind a fat free label. Except when that label says Kraft®. So surprise yourself. Try some Kraft® Free® on your next sandwich. If it tastes too good to be fat free, it's you-know-who free.

KRAFT®

Kraft® Free® nonfat mayonnaise dressing has less than ½ gram of fat per one tablespoon serving.

EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION

Family Ties: Who's Doing The Cooking?

If Ozzie and Harriet reflected today's family eating style, Harriet would be arriving home from a full day's work and one of the Nelson boys would have shopped for the week's groceries. Instead of eating dinner together every night, the Nelson family would be sitting down together for only two out of three suppers.

The typical American family is changing. Consider these statistics:

- Among children aged 6 to 14, 65% prepare food for themselves at least once a week.
- In 70% of households where both (or single) parents work, teenagers do much of the grocery shopping.
- 44% of all grocery shoppers are men and 85% of them shop for the family.

So, who's doing the cooking? Rather than Mom slaving over a hot stove, meals may come from fast-food restaurants, supermarket take-out or the family freezer. It is no surprise that frozen dinner and entrée sales are expected to increase by 48% to reach $7.5 billion by the end of the century. Whether you eat out or order in, remember your food basics and choose wisely.



Simple Strategies To Save Time

PLANNING: It's an essential key. Delegate tasks among family members, each taking responsibility to plan at least one meal per week. Not only will it save you time, it will teach organizational skills to younger family members. Even preschoolers can be involved in the planning process. Let them choose the vegetable or side dish.

SHOPPING: Begin with a grocery list, then try any of these options:

Divide and conquer: Shop as a family. Consider using two shopping carts and cover separate areas of the store to cut your time in half.

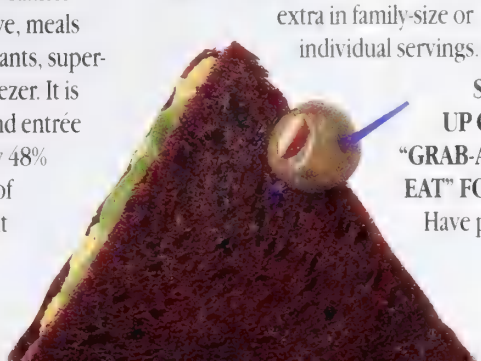
Delegate: Assign the shopping to one person and take turns.

Delivery: Take advantage of stores where you can phone or fax in an order.

PREPARATION AND COOKING: Cook together: Try do-it-yourself meals with homestyle taco bars or build-your-own salads, where everyone can customize his or her own meal.

Batch cook: Make several casseroles or a big pot of soup - serve that night and freeze extra in family-size or individual servings.

STOCK UP ON "GRAB-AND-EAT" FOODS: Have plenty of fruit and cut-up raw vegetables on hand. Freeze fresh breads and rolls to be quickly defrosted for fast, fresh sandwiches made with lean sliced meats from the deli. Juice bars and frozen yogurt make quick, healthy desserts.





10 Ways To Reduce Dietary Fat

1. Drink skim milk. If you drink whole milk, wean yourself gradually to 2% to 1% to skim.
2. Use jam, jelly or marmalade on bread and toast instead of butter or margarine.
3. Buy whole-grain and freshly baked breads and rolls. They have more flavor and do not need butter or margarine to taste good.
4. Eat more pasta, rice, potatoes, grains and vegetables. Use these foods as the centerpiece of your meals.
5. Choose lean meat, fish and poultry. Remove skin from chicken.
6. Choose a vegetarian entrée at least once a week.
7. Top your salads with lowfat or fat-free salad dressings.
8. Snack on fresh fruit and vegetables, plain popcorn, pretzels or rice cakes instead of fried chips and cookies.
9. For dessert, choose fruit, angel food or sponge cake. Use fruit purées to top cake.
10. Substitute lowfat frozen yogurt or sherbet for ice cream. Try frozen juice bars.

To order free reprints of this supplement, write to:

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216 West Jackson Blvd.
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Chicago, Illinois
60606-6995



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Heart Of The World

A Special Report From CNN's *On The Menu*

Heart disease kills millions annually. That's why you shouldn't miss *Heart Of The World*, an informative look at nutrition and your heart. With input from many of CNN's international bureaus, you'll discover how a culture's diet can greatly affect the risk of heart disease. Don't miss this important report when it airs as a special feature on *On The Menu* with Carolyn O'Neil.



CNN

Saturday, March 28
3PM ET
Sunday, March 29
10AM ET

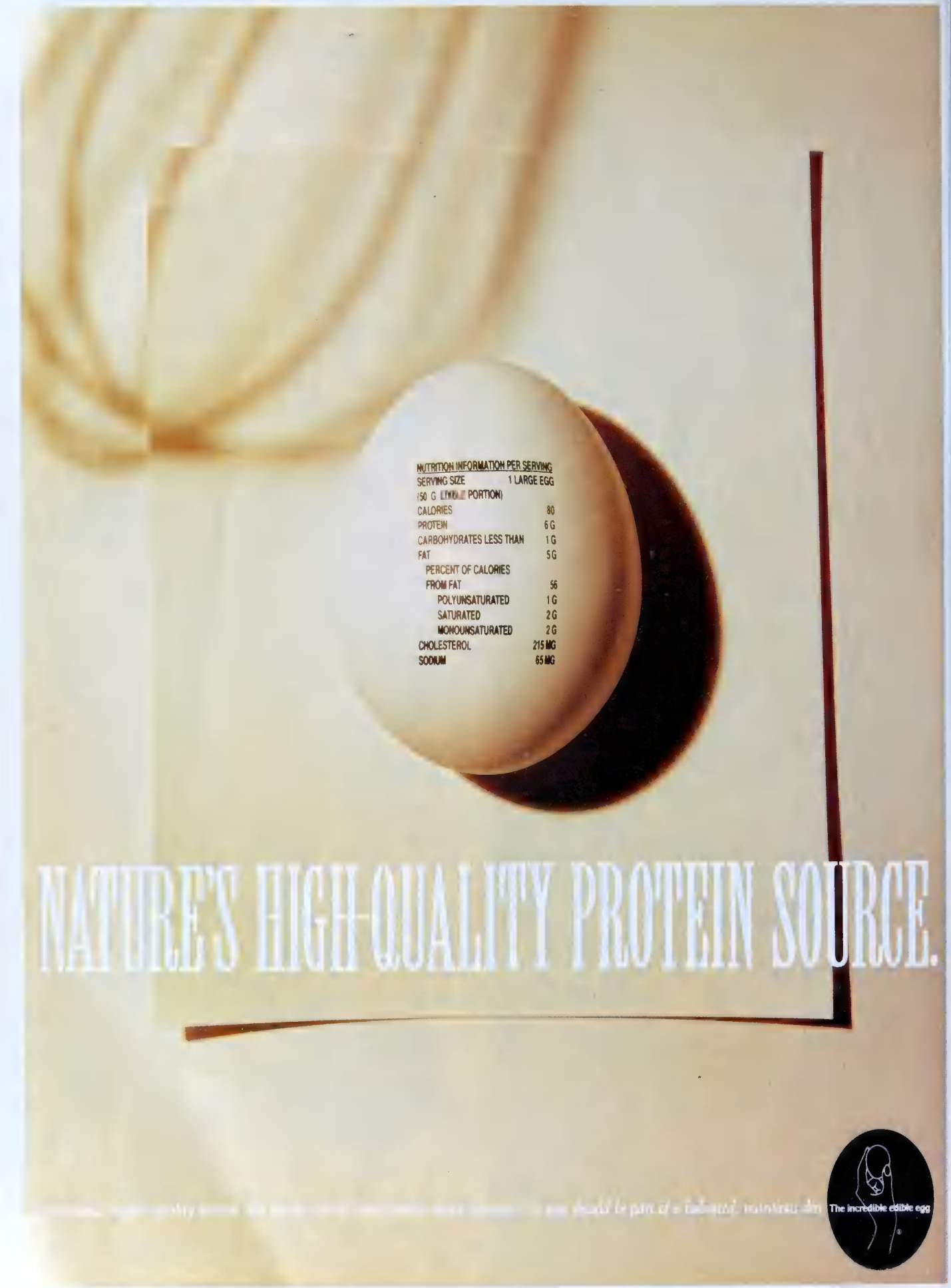
EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION

10 Ways To Beat Brain Drain On The Job

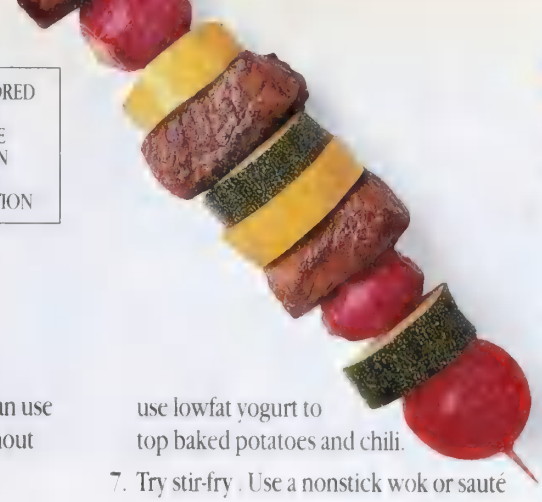
1. Don't leave home without it - breakfast.
2. Space your meals throughout the day. Go no longer than five hours without eating.
3. Snack on lowfat foods when there's no time for lunch.
4. Pack your desk and briefcase with snacks such as lowfat crackers, pretzels or juice boxes.
5. Drink lots of water. Also, contribute to your daily water needs (minimum eight cups) by drinking herbal teas or hot water with a twist of lemon.
6. Limit coffee to two cups a day. Too much coffee can drain vital fluids. Caffeine is a diuretic which causes the body to lose water.
7. Pass on the doughnuts, except as a special treat. Try bagels and fresh fruit for a breakfast on the run.
8. Keep power lunches light. Overeating during midday can cause drowsiness.
9. Take five - a five-minute walk or stress break beats eating to ease stress.
10. Keep the office kitchen stocked with energizing snacks such as nonfat yogurt, snack-size cereals, lowfat cheeses and single servings of water-packed tuna.




NUTRITION INFORMATION PER SERVING
SERVING SIZE 1 LARGE EGG
(50 G EDIBLE PORTION)
CALORIES 80
PROTEIN 6 G
CARBOHYDRATES LESS THAN 1 G
FAT 5 G
PERCENT OF CALORIES
FROM FAT 56
POLYUNSATURATED 1 G
SATURATED 2 G
MONOUNSATURATED 2 G
CHOLESTEROL 215 MG
SODIUM 65 MG
NATURE'S HIGH-QUALITY PROTEIN SOURCE.
The incredible edible egg

EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION



Lowfat Cooking Tips

Here are some simple tricks you can use to lighten up your home cooking without skimping on flavor.

1. Roast, bake, grill, braise or broil meat, poultry and fish.
2. Fry and sauté less often. Use a minimum of oil. Invest in nonstick cookware and use an aerosol cooking spray.
3. Baste meats and poultry with stock or broth and a minimum of butter or margarine.
4. Use marinades of lemon juice, flavored vinegars or fruit juices mixed with herbs when grilling or broiling and to tenderize leaner cuts of meat.
5. Create sauces by adding stock or broth to pan juices and thicken by boiling rapidly for a few minutes. Season with herbs and a touch of wine.
6. Substitute plain lowfat yogurt in dips or sauces calling for sour cream or mayonnaise. Also use lowfat yogurt to top baked potatoes and chili.
7. Try stir-fry . Use a nonstick wok or sauté pan and a small amount of oil.
8. Rely on your microwave to reheat leftovers and cook fish, vegetables, and poultry with a minimum of fat.
9. Use small amounts of flavorful oils, such as olive, sesame and chili oil, to season vegetables, meats, sauces, stir-fry and sautéed dishes. Also, season cooked vegetables with herbs, lemon juice or stock.
10. Skim fat from homemade soups by chilling and removing the fat layer that rises to the surface.
11. Make favorite cheese-based casseroles with lowfat or reduced-fat cheese. Top with a sprinkling of sharp cheese or grated Romano for more flavor.
12. Use ground turkey or extra lean ground beef for casseroles, spaghetti sauce, chili and skillet dishes.



The Pleasure Principle Of Eating Right

Nutritious eating doesn't doom you to "nutrition martyrdom" - eating flavorless foods that taste like cardboard. Yet, there is a prevailing attitude that if it tastes good, it must **not** be good for you. If these thoughts mirror your attitude, you are not alone. In a 1990 Gallup Poll, a majority of adults (56%) said they didn't find eating pleasurable at times because they worried about fat and cholesterol.

Remember, progress not perfection. One food will not make or break your health or waistline - it is what you eat on a consistent basis that matters.



Thanks to the creativity of chefs and innovative dietitians, trendy, tasty foods that also are good for you seem to be popping up everywhere. A National Restaurant Association poll showed that nearly 40% of the restaurants surveyed offer menu items that are lower in calories, fat and cholesterol.

Here are some palate-pleasing examples from a variety of settings:

Fine Dining:

Herbed Grilled Swordfish
Linguini with Clam Sauce
Vegetarian Pizza
Grilled Vegetable Platter

Family Restaurant:

Soup and ½ Turkey Sandwich
Salad Bars
Teriyaki Grilled Chicken Breast
Seafood Stir-Fry

Fast Food:

Marinated Grilled Chicken Breast Sandwich
Tossed Salad with Seafood
Grilled Fish Sandwich



Remember when your mother
had to pretend she was
satisfied with a watercress sandwich?

When eating properly meant
barely eating at all.
Ladies who lunched, didn't.
Today women don't fast on rice cakes.
They feast on Stouffer's® Lean Cuisine.®
Satisfying entrees
made with tender meats,
special seasonings and savory sauces.
But with less fat and salt.
Now you can indulge
and still eat properly.





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EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION

Learn The Facts, Forget The Fallacies

Much has been written about the dangers of eating a diet high in fat and cholesterol. Frightening and often misleading headlines have led many to believe that drastic changes in their diets are necessary. But dietitians say there is no need to stop eating favorite foods and exist solely on bran and broccoli.

Here are the facts:

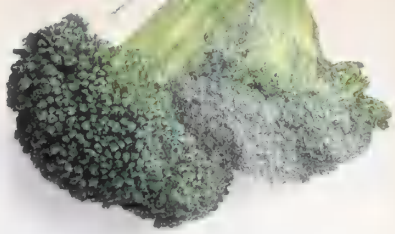
FAT FACTS: Fat is found in meat, fish, poultry, eggs, nuts, whole-fat dairy products and vegetable oils. It is a naturally occurring substance and necessary for human life. Too little fat in your diet can be as undesirable as too much fat.

All fats contain twice as many calories as equal amounts of protein or carbohydrates, about 9 calories per gram or 120 calories per tablespoon.

Fats are made up of substances called fatty acids. Much has been learned in the past 15 years about how different fatty acids affect our overall body chemistry. The most significant finding is that eating foods high in saturated fatty acids raises blood cholesterol levels. While saturated fat is the major culprit, current research indicates that too much of any type of fat in the diet can raise the amount of cholesterol in your blood.

NOTE: ALL FATS ARE HIGH IN CALORIES THAT CONTRIBUTE TO EXCESS WEIGHT. BEING OVERWEIGHT IS IN ITSELF A RISK FACTOR FOR HEART DISEASE.

SATURATED FATS: Saturated fats are found primarily in meats and whole-fat dairy products. There are also some vegetable sources of saturated fats. They include palm, coconut, and palm kernel oils.



POLYUNSATURATED FATS: This type of fat comes primarily from vegetable sources like corn, safflower, soybean and cotton seed oils.

MONOUNSATURATED FATS: These are found in large amounts in plant oils such as olive oil, canola oil, and peanut oil.

CHOLESTEROL FACTS: CHOLESTEROL IS NOT FAT - FAT IS NOT CHOLESTEROL. Cholesterol is a substance produced by the liver and found naturally in animals, including humans. Cholesterol found in food is called dietary cholesterol. Dietary cholesterol comes from animal sources, including whole-milk dairy products, egg yolks, meats, poultry and seafood.

PLANTS DO NOT CONTAIN CHOLESTEROL. However, they do contain saturated fat which can raise blood cholesterol.



Determining Your Fat Allowance

Experts recommend limiting dietary fat intake to 30% of calories. Currently, the average person gets 37-40% of their calories from fat. To understand your fat limit, you need to know your calorie limit. If you are a moderately active woman, 2,000 calories a day is a good rule; for moderately active men, 2,500 to 3,000 calories. To determine a 30% fat allowance, use this formula:

30% x 2,000 calories = 600 calories divided by 9 calories per gram of fat = 66.66 or 67 grams of total fat allowable per day

The chart below lists grams of total fat recommended per day at several different calorie levels.

Calories	Grams Of Total Fat To Stay Within 30% Limit
1,200	40
1,500	50
2,000	67
2,500	83
3,000	100



Picture of Health



"My health regimen?
A morning walk,
Foods rich in vitamin E,
and, A CAN A WEEK,"

Naturally.



One ounce provides 35% of U.S. RDA for VITAMIN E

EAT RIGHT AMERICA

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION

Eating Like A "10"

Whether you rate your eating habits as poor or good - a "1" or a "10" - there is usually room for improvement. To build a solid foundation, arm yourself with the basic food and nutrition facts.

First, there are no "good" or "bad" foods. You can enjoy your favorite foods. What is important is to eat a wide variety of foods in moderation. Making small changes in portion sizes and giving more careful thought to what you eat over the course of a day can reap big dividends.

"As you read the guidelines in this section, just remember it is progress - not perfection - that counts," states Judy Dodd, M.S., R.D., President of The American Dietetic Association. "As long as you make some progress, you are a step ahead. So while you may strive to be a "10," focus on small steps and consistency."

THE BASIC FOOD GUIDE Your Guide To Eating Right

FOOD GROUP	SUGGESTED DAILY SERVINGS	SERVING SIZES
Breads, cereals and other grain products Whole-grain or enriched	6-11	1 slice bread 1 oz. ready-to-eat cereal ½ c. cooked cereal ½ c. pasta, rice or grits
Fruit Citrus, melons, berries, all other fruit	2-4	Whole piece of fruit ¾ c. juice ¼ melon or ½ grapefruit ½ c. cooked or canned fruit ¼ c. dried fruit
Vegetables Dark green leafy, deep yellow, starchy, all other vegetables	3-5	½ c. cooked or chopped raw vegetable 1 c. leafy raw vegetable
Meat, poultry, fish and shellfish Egg whites, yolks (limit yolks to 4 per week) Dried beans and peas, peanut butter	2-3 (A daily total of about 6 ounces)	2-3 oz. cooked lean meat, fish or poultry 2 eggs, 4 egg whites 1 c. cooked dried beans or peas 2 tbs. peanut butter
Lowfat milk, cheese, yogurt	Children: 3-4 Teens: 3-4 Women up to 25: 3-4 Women over 25: 2-3 Men: 2-3	1 c. lowfat or skim milk 1 c. lowfat yogurt 1½ oz. lowfat cheese
Fats (unsaturated) Vegetable oils, salad dressings, spreads, nuts	3-6	1 tsp. spreads and vegetable oils 1 tbs. salad dressing 1 oz. nuts
Sweets and alcoholic beverages	Consume in moderation	If you drink alcoholic beverages, health authorities recommend: Women: No more than 1 per day Men: No more than 2 per day

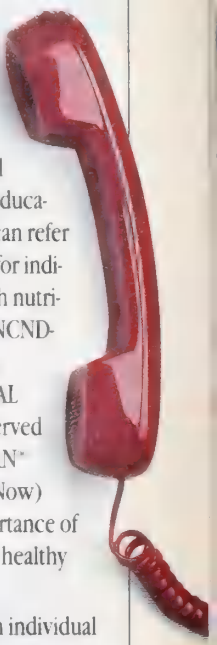
These food groups are the basis for your food foundation. Ironically, in the 1991 ADA Survey of American Eating Habits, only 28% of those surveyed rated themselves knowledgeable about these basic guidelines. What about you - is your food foundation solid, or could it stand some improvement?

The quality of your food choices makes a significant impact on your path to optimal nutrition and health, especially when it comes to fat and cholesterol.

National Center For Nutrition and Dietetics

Have a food or nutrition-related question? Get accurate, timely nutrition information by calling the consumer nutrition hotline operated by the National Center for Nutrition and Dietetics (NCND). NCND is the public education initiative of The American Dietetic Association and its Foundation.

From a touch-tone phone you can talk directly with a registered dietitian, select one of three prerecorded messages on important nutrition topics and order free brochures. The dietitians are available Monday through Friday, 10:00 a.m. to 5:00 p.m. (Eastern Time). The recorded messages are available 24 hours a day. Just call 1-800-366-1655.



NCND also provides objective information about food and nutrition to the public, industry, the media, and healthcare professionals through its extensive research library, professional conferences, and nutrition education programs. Center staff can refer you to a registered dietitian for individual counseling or in-depth nutrition-related advice. Special NCND-sponsored public education campaigns such as NATIONAL NUTRITION MONTH®, observed each March, and Project LEAN® (Lowfat Eating for America Now) build awareness of the importance of good nutrition and promote healthy lifestyles.

NCND is funded through individual and corporate contributions. Individuals can become Friends of the Center by contributing $35 per year. Friends of the Center receive a quarterly newsletter, "At the Center," and discounts on library services and other NCND programs.

For more information, write to:
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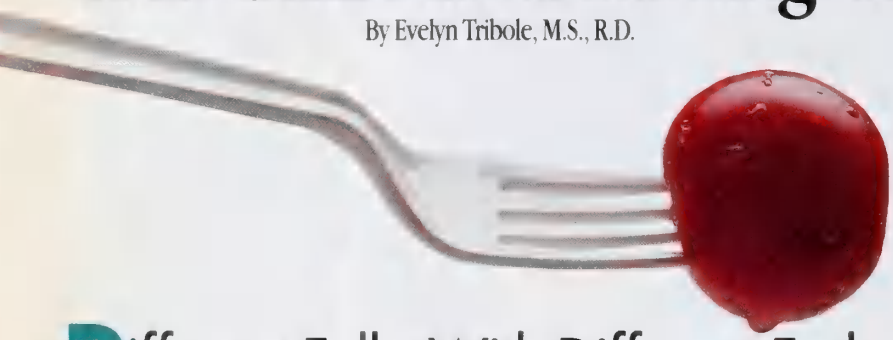
MARCH IS NATIONAL NUTRITION MONTH®

EAT RIGHT AMERICA™

A SPONSORED MESSAGE FROM THE AMERICAN DIETETIC ASSOCIATION

Your Guide To Achieving A Lowfat Lifestyle

By Evelyn Tribole, M.S., R.D.





Different Folks With Different Forks

Instead of "You are what you eat," it might be more fitting to say, "What you eat is because of who you are." Our eating habits and nutrition needs are influenced by our ethnicity, age, genetics, sex, lifestyle, health history and beliefs.

The effect of diet on health is not a myth. Several landmark reports, including one issued by the U.S. Surgeon General, have shown a clear relationship between what we eat and chronic disease.

Yet, despite wide acceptance of the importance of eating right, backgrounds and lifestyles can sometimes get in the way of healthy intentions. NATIONAL NUTRITION MONTH® is a good time to reassess your eating habits. Let's explore your eating style. Whatever your eating style, you can eat right and eat well. The articles in this supplement will help you make healthy choices to work in concert with the way you live.

Whether you are chasing fast food, have the urge to splurge or can savor a gourmet meal, you **can** eat right and love it.

WHAT KIND OF EATER ARE YOU?	
EATING STYLE	LIFESTYLE
Gulp 'n Go	Life in the fast lane. Juggling schedules and deadlines.
Gourmet/Connoisseur	Pleasure principle guides your palate. You take time to enjoy more leisurely eating.
Melting Pot	One day you're hectic, the next you have time to savor the flavors.

What's Inside

- Your guide to eating right
- Facts and fallacies about good nutrition
- How to determine your fat allowance
- Lowfat cooking tips
- How to beat brain drain on the job
- The pleasure principle of eating right
- Steps to make meal preparation easier



About The American Dietetic Association

With a membership of 61,000, The American Dietetic Association is the largest group of food and nutrition professionals in the world. The ADA is dedicated to the promotion of optimal health and nutrition of the population.

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ADA Project Coordinator: Rona S. Frankfort
Produced by Harrison Intermedia Inc.
Design: Bloomhorst Story O'Hara Inc.

continued from page 100

models are having children even when it's not convenient, even at risk to job or reputation or health. On-screen, unwed Murphy Brown finally opts to have a baby and is convinced it won't short-circuit her Emmy-winning future. And off-screen, as we went to press, courageous actress/activist Ann Jillian was ecstatically about to give birth to her first child, a son, at age forty-two, after a double modified radical mastectomy and chemotherapy seven years ago. (For more on well-known moms—or would-be moms—see page 101.)

Not only the rich and famous are hearing the call of the child. According to the Yankelovich Monitor, which annually surveys the attitudes of women around the U.S., more than half (57 percent) of those questioned agreed with the statement "Having a child is an experience every woman should have."

Why this renewed maternal instinct? To some extent, perhaps, it's due to career disillusionment. Given the repeated rounds of layoffs during the recession, many women undoubtedly long for something that's more lovable—and loyal—than a job. "We're scared, and we want to cuddle," says trend-watcher Faith Popcorn, founder of the New York City market research firm BrainReserve, Inc. "A child's smile or hug is something we can depend on."

Another reason: Some younger women, witnessing the struggles of their elders to get pregnant later in life, simply may not want to postpone something this important any longer. Says Ellen Galinsky, co-president of a research and consulting organization called the Families and Work Institute: "What I'm hearing a lot from people is, 'No one ever wished that she had worked more hours.' "

Our rededication to maternity is starting to show up in the statistics, too. In the past decade, the National Center for Health Statistics reports, births rose 53 percent among women thirty to thirty-four and more than doubled for those thirty-five to thirty-nine. What's more, half the married women who now are childless and age thirty to thirty-four intend to have at least one baby.

This passion for motherhood has always existed, of course. But nowadays women feel they can be more open about it. "There's a different perception out there from the early eighties," says Susan Donohue, thirty-three, a part-time social worker from Haslett, Michigan, who has two sons, a three-and-a-half-year-old and a seven-month-old. "There's more of a willingness to sacrifice to have children."

MOTHERHOOD OVER CAREER

That sacrifice most frequently involves a woman's job. In the eighties, many ambitious women put career above childbearing. Now, although more women than ever return to the job after having a baby, many are still choosing to stay home full-time, if they're able to do so, or to modify their working hours in some way. Says Donohue, "It isn't so much fitting your family around your career, it's adjusting your career to accommodate your children's needs."

Adds Pepper Schwartz, Ph.D., professor of sociology at the University of Washington, "Some women are just choosing not to fast-track it in the work force." Many women work part-time instead of full-time; others explore ways to work closer to home. Almost five million mothers are operating some kind of businesses at home, up a startling 9 percent in 1991 from the year before, according to Link Resources, a market-research firm.

Says one young mom, "There's a lot more willingness to sacrifice to have children."

"We're burrowing," says Faith Popcorn. "People are digging in, and they're spending more time with their kids."

Yet a woman's success at balancing work and family often depends on something outside her control: her employer's policies. Experts agree, on the whole, that large companies today are more attuned to the needs of employees who are parents than they were a decade ago. One out of every five Fortune 1000 companies now has a set of policies and programs that acknowledges the difficulties of balancing the two roles, Galinsky says. But she also admits that, for the most part, "the workplace is not family friendly."

Sometimes this lack of flexibility on an employer's part makes a woman's decision for her: When Maribeth Allen, the mother of two young children, attempted to cut back on her working hours, rather than quit her job, she ran into a brick wall. An assistant manager in a major telecommunications company in Chicago, Allen proposed working part-time on independent projects rather than full-time in the office. "The company wasn't prepared for that," says Allen, thirty-eight. "It was all or nothing." So Allen quit, and though she is now working as a volunteer at a nursery school co-op, she does not plan on working full-time for a few more years, until her younger child is in first grade. "I had hoped I would be able to have a family and continue working, but it didn't take long to realize that was not going to happen," Allen says. But she doesn't regret her decisions: "Having children has changed my plans totally. It's really broadened my horizons."

MOTHERHOOD WITHOUT MARRIAGE

Even more wrenching, perhaps, than the decision to risk one's career by leaving it temporarily, is the choice to shoulder a frightening amount of responsibility by having a baby outside of marriage. Yet more and more women are taking that risk. By 1989, 32.5 percent of women giving birth to their first child were unmarried. And despite the stereotype of the single mother as an impoverished adolescent, only one third of single mothers are teenagers. About 14 percent are over thirty, a percentage almost twice that of 1980.

Furthermore, the stigma of unwed motherhood is fast fading, as Patricia Hope, a biology teacher from East Hampton, New York, can tell you. In 1982, Hope made national headlines when she faced possible dismissal by her local school board because she was pregnant and unmarried. A group of students and parents rallied on her behalf, and the popular educator was back in the classroom after the birth of her daughter, Penelope, in February 1983.

Have attitudes in the town changed? Last year another teacher chose a similar path. "This time, instead of a school-board meeting, they gave her a shower," Hope says, laughing.

Manhattan psychotherapist Jane Mattes, founder of a group called Single Mothers by Choice and a single mother herself, says that there are many mistaken beliefs about this group. "Usually it's not that the women don't want to get married," Mattes says. "It's that they haven't found the right person, and time is running out to have a baby."

Stephanie Troup, thirty-seven, of Minneapolis, who is expecting to give birth to her first child this June, already knows that the baby's father will probably have very little to do with any child rearing because he isn't prepared for fatherhood. "We both decided it was better if he had no part in the child's life," Troup, a sales manager, says resignedly. "No question, I've wanted to be a mom all my life. But I also want a husband I can count on—or nobody."

MOTHER COURAGE

An even more profound change can be seen in attitudes *(continued on page 190)*

In the months preceding his death in August 1991, Lewiston's colleagues noticed that he seemed to be under increased stress. Katy says he began acting strangely insecure. "He'd tell me that I could have married somebody richer, handsomer, younger," she says, "and then he'd say, 'Are you going to leave me?' "

At some point during his last few days Lewiston contacted a lawyer to discuss annulment papers that Robyn's attorney had sent him. The lawyer advised him not to sign the papers, which would be a formal admission of bigamy, but to let Robyn get an uncontested court order of annulment. As it turned out, she never had to do that.

On Monday, August 5, he had dinner with Katy, watched TV, played the organ and sang songs. About nine-thirty he went to the hospital to see his patients and to do work. He had a heart attack while asleep at Diana's house and was pronounced dead at 5:45 A.M. Tuesday. The death certificate says he died from "cardiac arrest due to hypertension."

Did Norman Lewiston somehow commit suicide? "That was my first thought when I heard the news," says Ivan Harwood. "He had the knowledge and access to drugs to fake a heart attack, that's for sure." Robyn agrees. "He always told me he'd know how to do it if he wanted to," she says softly. "Norm's finally at peace."

"HOW COULD HE DO THIS?"

Robyn learned about her husband's death at nine-thirty that morning, when a friend from Stanford telephoned her with the news. Katy didn't find out until two-thirty P.M. "In one phone call my life fell apart," Katy says. "I learned that my husband was dead and that the woman who brought him to the hospital, Diana, was also married to him. He not only left me by dying, but he didn't even..." Her voice is barely audible. "If he did this, did he really love me?"

She didn't find out about Norm's marriage to Robyn until the next day: On the advice of a friend who is an attorney, she went to her late husband's hospital office. There, she found a scrapbook in which Lewiston had pasted souvenirs of his three marriages. There were photos, ticket stubs, snapshots of family vacations, some with Diana—and others with Robyn.

Hastily riffling through Lewiston's phone bills, she found Robyn's number in San Diego and called her. "Robyn, what is going on?" she gasped. "Katy, Norm and I were married two years ago," Robyn said. "He told me you and he were divorced."

Lewiston left behind a legacy of anger as well as sorrow. As executor of his estate, Diana claims that the money he spent on the two other women—including his share of the house he owned with Katy—is diverted community property and must be returned to her. Katy is suing the estate for fraud, in an attempt to protect her home and to gain a share of Lewiston's pension, which, she says, he promised her. There may be other legal actions as well. Finally, Stanford auditors are investigating Lewiston's use of almost $8,000 in research funds.

In a way, though, the legal issues are the least complicated result of Lewiston's lengthy charade. "I stand in the shower and cry," says Katy, tears brimming in her eyes. "How could he do this? It hurts—not just the financial problems, but the betrayal."

In a dream she has had three times since Lewiston's death, she is chasing him, and he keeps avoiding her. "Norm," she calls desperately, "I have to ask you something. Please wait for me." He walks faster. When she finally catches up with him, he is surrounded by a crowd of people, and he has no time to talk with her. She wakes up feeling abandoned.

"I don't even know exactly what the question is that I want to ask him," Katy says sadly. "Someday maybe he'll give me answers in my dream, and then I'll be able to let go." ■

Andrea Gross is a contributing editor of Ladies' Home Journal.

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personal life. He flipped on that computer and could just pull up whichever wife file he wanted to."

He had an answer for everything. "Why don't you wear a wedding ring?" asked Robyn. "I'm allergic to metal," he said.

"Why don't your children visit us?" asked Katy. "I keep inviting them," Lewiston lied, "but they're upset about my divorce. They're loyal to their mother and don't want to spend time with us."

"Why," asked Katy, "does your driver's license still have Diana's address on it?" "Because," Lewiston said, "Diana lives in Palo Alto. If I have a Palo Alto address on my license, we can use the parks and the dump [that are open only to residents]."

Yet despite the precautions he took, Lewiston also courted exposure. He once took Katy to a shopping mall where Diana was giving a talk on bicycle safety. He introduced them to each other simply as "Katy" and "Diana." He told Robyn he slept at the hospital when he was in northern California, but when she asked him to get a small apartment so they'd have a place of their own when she visited, he cheerfully agreed. Then he rented a room that was just a few blocks from his home with Diana.

Finally, when his wives made conflicting demands on him, Lewiston managed to oblige them all—even if it meant his weight ballooning to two hundred fifty pounds on his six-foot-three frame. Diana states that he had lunch with her every Friday; Katy also swears he often ate lunch with *her* on that day. On at least one occasion, Robyn is convinced, Lewiston ate three Thanksgiving dinners.

Lewiston's deception was expensive as well as fattening. He ran up approximately $60,000 on his credit cards, and he borrowed $70,000 on the house he owned with Katy. He did not share bank accounts with Katy or Robyn, and he avoided tax problems by discarding the joint return he prepared with Katy and forging her signature on a single return he prepared in her own name. Robyn filed separately, as a head of household, and he filed jointly with Diana.

A complicated, exhausting arrangement, no doubt, but also a successful one—at least until the summer of 1990.

UNRAVELING

"I loved Norm so much that I wanted to believe everything he was saying to me, but the facts were staring me in the face," says Robyn. In July, she flew to northern California to tour Stanford's new transplant unit. Lewiston introduced her to a respiratory therapist as his wife. "I met you at a party awhile back," the therapist said. "I haven't been to a party with Norm," Robyn replied. When the therapist insisted she was correct, Robyn joked that Norm must have more than one wife. When Robyn confronted her husband, he told her, implausibly, that she must have had her dates mixed up.

Later, while Lewiston went to see his patients, she opened his briefcase, something she'd never done in the years they'd been together. Inside was mail addressed to him at Katy's house and a checkbook showing that he'd been paying for Katy's mortgage.

When she confronted Lewiston, he said she was "totally paranoid" and wouldn't believe him, no matter what he told her. He agreed, finally, to fly to San Diego twice a month to see a counselor—in order, he said, to help Robyn get over her suspicions. After six months of therapy, Robyn remembers, the counselor told her privately, "You're not crazy, but you'll never get the truth from Norm."

"I lived with that for a while," says Robyn, "knowing deep down that when I found out the truth, I was probably going to have to say good-bye to the relationship." But eventually the end came. In June 1991, she told Lewiston she was going to call in an investigator. "I still hoped he would tell me himself."

He didn't. Instead, he simply gave her his Social Security number, which the investigator needed to check on divorces and property holdings. Three days later, Robyn knew the truth: Her husband had two other wives.

"Norm was really making me feel like I was crazy, so when I found out what was going on I was more relieved than anything else," Robyn says.

On June 26, 1991, her attorney called Norm and gave him an ultimatum: Robyn would do nothing to harm his professional career, but he was not to contact her in any way. And he was to send a cashier's check for $15,000 within three days so that Robyn would have a nest egg with which to reorganize her life. Lewiston sent the check.

"It's hard to realize there are some marriages you have to walk away from," Robyn says. Her voice cracks, but she doesn't seem to notice.

"ARE YOU GOING TO LEAVE ME?

On several occasions Lewiston had seemed ready to confide his problems. "My son," he would say to a longtime friend, Ivan Harwood, "you have no idea how messed up a personal life can be until you've seen mine." But, says Harwood, a professor of pediatrics at the University of California at San Diego, "when I'd try to press him, he'd . . . make it clear that he was uncomfortable with the conversation. I didn't push. In retrospect, I wonder if it was a cry for help." *(continued)*



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continued from page 108

marriage, he refused to make a firm commitment. Says Katy, "Whenever we started to make wedding plans, he'd finagle out of it." Then in August 1985, Lewiston and Katy bought a four-bedroom house in Los Altos, just ten miles away from Diana's house. Katy paid two thirds of the down payment, while Norm paid the remainder and agreed to make the monthly mortgage payments. Despite the house purchase, Lewiston still was vague about when the two would be married. Finally she told him she was setting the date, and if he didn't show up, she'd know he had changed his mind.

They were married on Wednesday, November 6, 1985, in a small chapel in Carmel, a seaside community about an hour and a half from their house. That night they returned to their home, and while Katy painted the walls in preparation for a large wedding reception Saturday night, Norm said he was going to look in on his hospital patients. Katy now suspects he might have made a quick trip to see Diana and his children. In any case, he came back and spent the rest of the night with his new wife.

In May 1986, several months after Lewiston's marriage to Katy, Robyn broke up with her husband, with whom she had had a daughter in 1985. "It had nothing to do with Norman," she insists. Lewiston, who had called Robyn almost weekly during her marriage, wrote her a letter: "Katy and I are growing more distant. I don't think it will be long until one of us gets itchy feet." Robyn says she wasn't eager to resume their relationship, but Lewiston persisted. In words that echo Katy's, she explains, "I assumed he was divorced from Diana because he had married Katy. And when he told me he had divorced Katy, I believed him, because they had been together such a short time." He later showed Robyn papers from what he said were his two divorces. This time, she did not have them checked, because she did not believe he would propose if he wasn't already divorced.

After three years of long-distance dating, Robyn and Lewiston got a license (Robyn says, with some bitterness, that the state does not check for previous marriages). They were married on September 4, 1989, in Etna, California, a small town near the Oregon border. After the ceremony, performed by a Methodist minister, the couple climbed into a horse-drawn carriage and rode to the outdoor reception planned by Robyn's brother, who owns a restaurant in Etna. Lewiston sang songs and smiled proudly as twenty-five friends and relatives toasted them with champagne.

And now the doctor had three wives.

Anne Thompson used three packets of Good Seasons® this week. And didn't make a single salad.



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A WEB OF DECEIT

Lewiston managed his personal life with care and cunning. As a physician who treated seriously ill children and dealt with an enormous burden of paperwork, he had a ready-made excuse for spending extraordinary amounts of time at the hospital. About seven each night, he went to the house he owned with Katy to have dinner. After three or four hours, she says, he told her he "had to check on patients and would just spend the night at the hospital."

Instead, she now believes, he must have driven to the home he shared with Diana. And every few weeks he flew to San Diego to see Robyn for the weekend, explaining to his northern California wives that he had to consult with research colleagues in the southern part of the state.

Lewiston's fraud was made easier by the willingness of each of his three wives to tolerate unconventional marital arrangements.

Diana, an environmental activist, told friends she had always been jealous of the time Norman spent with his hospital patients. She distanced herself from the medical community and explained to her daughter that she and Norman had largely agreed to "lead separate lives together."

Katy reluctantly acquiesced to Lewiston's suggestion that he spend most nights at the hospital because her sleep was disturbed by his loud snoring and frequent calls he got from the hospita the middle of the night.

Robyn agreed to a commuter marri on the understanding that Lewis would stay at Stanford for two more y until, he said, he would become elig for retirement benefits. Though wasn't her first choice, she had few c plaints: "Norm was always there w I needed him."

"I never felt neglected," Katy concu

Both Katy and Robyn show an a tion for Lewiston that is more tha little surprising, given all that they l been through since his death. "He wa tremely loving and affectionate, ca and supportive," Katy says. Adds Ro "He was very, very personable, eas approach, a good listener, very goo helping solve problems." (Both are cent about their sex life with Lewis "There was a strong sexual attracti Robyn says. Defending her arrangen with Lewiston, Katy says, "Just bec people don't spend the night doe mean they don't have sex.")

His wives agree that the doctor a phenomenal ability to keep his r riages separate in his mind. Says K "He never called me 'Robyn' or 'Di and he never called me by a generic n I was always 'Katy,' not 'darling' or 'l ey.' He compartmentalized his *(contin*



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can this marriage be saved?

"He's never there for me"



INTRODUCED THIRTY-NINE YEARS AGO, "CAN THIS MARRIAGE BE SAVED?" IS THE MOST POPULAR, MOST ENDURING WOMEN'S MAGAZINE COLUMN IN THE WORLD. THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF JANE GREER, D.S.W., A PSYCHOTHERAPIST IN PRIVATE PRACTICE IN DOUGLASTON, NEW YORK. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

BY MARGERY D. ROSEN

SHARON'S TURN "I refuse to stay married to a man who lies, even if we do have a beautiful four-month-old baby girl," said Sharon, thirty-five, a tearful woman whose hands shook as she spoke. "I can't keep track of him anymore. He says he's going 'out,' doesn't tell me where, or makes up some story. When he *is* home, he's catatonic in front of the TV.

"I grew up the older of two girls in a middle-class suburb of St. Louis. My father was a doctor, my mother, a housewife, and we had the perfect family—at least I thought we did. Until I was in the sixth grade, I was the good little girl; then I became friendly with a new girl named Casey.

"Casey was everything I wasn't. Outgoing and popular, she made friends easily. I wanted desperately to be like her, so at her urging, I'd skip school, smoke or sneak out of the bedroom window at night. I'd do anything she said, even if I was scared. This straight-*A* student was soon getting *D*s.

"That went on until I was sixteen. My parents didn't have the foggiest idea how to deal with me. They ended up sending me to a school for socially maladjusted kids.

"You probably think I'm going to say I was miserable, but I wasn't. I felt relieved and happy for the first time in a long time. The motto of the school was 'Nothing without labor,' and we were taught to be responsible. I graduated with honors.

"At that school, you could see your family only twice a year. What I didn't know until my first visit home was that my father had been having an affair with his secretary since about the same time I started getting mixed up with Casey. That first year, I came home for Christmas, but my father wasn't there; he had moved out months earlier, but no one had told me! My parents were finally divorced when I was nineteen.

"I met Roger at school, around January of my senior year. I'm three years older than he is. He was a real delinquent, but there was something about him that attracted me. Roger is the kind of man who would do anything for someone he loves. I was tempted to forget college entirely, marry Roger and have lots of babies, but my father said he'd disown me if I did. So I went home and enrolled in the university there. Roger said *(continued)*

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he'd come to Missouri to be with me. I never thought he would, but he did. He ended up putting himself through high school and college by working at a printing plant.

"Meanwhile, Roger had already asked me to marry him three times, but even though I loved him, I said no. He wasn't settled yet. He did move up quickly at the plant, though, and we were married five years ago.

"I really thought everything was perfect. I had a job I loved in the marketing department of a major bank; we had a great condo and wonderful friends. But when Roger was transferred to the New York office, our life began to unravel.

"My job wasn't the problem; I moved to the New York headquarters. I love my work—in fact, I'm still there three days a week; I job-share with another new mother. And we found a beautiful house about an hour and a half from the city.

"But I never see my husband. In St. Louis, Roger would get home around six-thirty in the evening. When we moved to New York, he started coming in at eight, nine, sometimes ten o'clock. I tried to be understanding, but he was becoming totally wrapped up in his work. My life consisted of my job, doing errands and waiting for my husband to come home. This went on for almost two years. Roger was becoming increasingly withdrawn. I knew there had been some cutbacks in his office, but that's about all.

"Roger is normally a very outgoing, charming guy. Not that he ever talked deeply about feelings, but we always had a wonderful time. Now he was shutting me out totally.

"I didn't think things could get worse, but they did. Roger started going out straight from the office and coming home at two or three in the morning. He'd promise to call to say when he'd be home, but he'd usually forget. I'd be pacing the floor, wondering if my husband's car was wrapped around some telephone pole.

"Whenever I asked why he was going out, he'd say, 'It's just business.' He never included me. Is he embarrassed to be with me? Is he having an affair? He denies it, but what would *you* think?

"Then one night I didn't hear from him until five in the morning. He told me he'd been out with people from work; the cops had pulled him over as he was driving home, and he'd spent the night in the police station. I believed him, of course.

"But something didn't sit well with me, and the next day I asked to see the ticket the police had given him. He said he didn't have it. And I hit the roof.

"I started to catch him in more and more lies—by this time, I had gotten so paranoid, I would look in his briefcase, wallet, and jacket pockets to find I don't know what. I'd find cocktail napkins from restaurants he said he'd never been to. Each time I confronted him, he'd either get defensive or give me such a round-about story that, somehow, the next thing I knew, I was apologizing to him!

"To complicate things further, I got pregnant—our sex life, believe it or not, was always pretty good. I was excited but scared because I knew our marriage was in serious trouble.

"Roger surprised me; he was thrilled. He sent a dozen red roses to me at work and was so attentive and loving I couldn't believe it. I had the old Roger back.

"But I miscarried, and it was horrible. We were both sobbing. I had never seen such raw emotion in him before. But a week after I got home from the hospital,

"I can't account for every minute of my time," said Roger.



he flip-flopped again and started moving away. He took any excuse he could find to be away from home. All I wanted was to get pregnant again, but Roger just refused to make love.

"Well, as luck would have it, we were on a skiing vacation, and one night we did make love, and I did get pregnant. I was petrified to tell him about the pregnancy. When I did, he accused me of tricking him and told me to get an abortion.

"Of course I refused, and we were distant during the rest of my pregnancy. I think Roger loves his daughter, but every time I look at her I cry, remembering what we've been through. I know that, for our daughter's sake, we have to get help. I hate the kind of person I've become. As soon as the phone bill comes, I grab it and call the numbers I don't recognize just to check out who he's calling. It's nuts, I know, but you can live for just so long with so many unanswered questions."

ROGER'S TURN "As always, my wife is exaggerating," said Roger, thirty-two, a tall man in a dark-gray business suit and tie. "She makes it sound like I party every night. I don't. I do work late, though, and I do take clients out to d ner or for a drink—occasionally. Tha the way deals are made in my busine socializing is part of the game. Ma one or two nights I got home at two; boss had taken me to an awards dinn and I couldn't exactly get up and lea And remember—it takes an hour a a half to drive home.

"Okay, so maybe I have lied to a c tain extent. It's more like stretching truth than lying—I don't want to hav confrontation every night. Sharon i very emotional, volatile person; I'm n I will fight tooth and nail in the offi but at home, Sharon walks all over r She yells at me on the phone. She int rogates me. She badgers me to dea 'But, Roger, I don't understand. Wh were you on April 14 at ten o'clock night?' I cannot account for eve minute of my time.

"I'll admit it—sometimes when I out, I lose track of the time. When I notice it's getting late, I know I'll get head handed to me if I call, so I say, for it. She makes me feel like I'm reporti home to my mother.

"I grew up in a suburb of Pittsburgh have two older brothers. My father wa businessman, my mother, a nurse. parents divorced when I was ten, and brothers and I stayed with Dad—well, be precise, my mother left us, remarri and moved to Vancouver.

"I was your basic juvenile delinque By the time I was fifteen, my fath couldn't handle me. I was sent to refo school. Sharon doesn't like me to u that term about our school, but tha what it was.

"I never graduated from that scho though. I ran away and was on the ro for about six months. When I was sixte I moved to St. Louis to be near Sharon loved her. I found an apartment, pe tioned the court for emancipation—th means my folks were no longer respon ble for me—went to high school there a supported myself by working as a sto boy in a printing plant.

"I wanted to get married, but Sharon ways refused. Her parents didn't like m and even she didn't think I'd amount anything. But I put myself through c lege at night while I worked days in t plant. After I finally got my degree, th hired me for an entry-level job; now I vice-president of manufacturing.

"I love what I'm doing, but the pressu is intense; my colleagues are all Harva MBAs. I admit I work very hard, wee ends, too, to prove myself. That means n time with Sharon has to be sacrificed.

"I know I tend to keep a lot of things myself; I'm not big on sharing. When feel out of control, I pull in.

"Sharon doesn't understand that. In St Louis, my work didn't require one hu dred percent of my *(continued on page 1*


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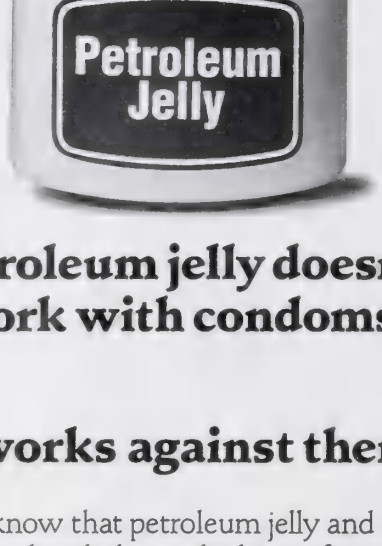
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CAN THIS MARRIAGE

continued from page 14

effort. That's not the case anymore. I come home, and I'm wiped out. I don't want to talk. One of my releases is to go drinking with my buddies. You'd think Sharon would understand that once in a while I want to have a few beers with the guys?

"Why don't I take her with me? Even before we had Jenna, she would never come. She's never been a party person. She likes to stay home. Frankly, I feel we've stopped having fun. I wish she'd call me up at the office and say, 'Hey, I got a baby-sitter. Let's go out to dinner and catch a movie.' The last time she had fun was in 1977. I even bought her a sexy negligee, thinking that might add excitement to our sex life. Well, it's still in her drawer with the tags on.

"Look, everything in our relationship has always been done on her terms: We got married on her terms; we had a baby on her terms. I don't know what to do, but discussing problems is not something Sharon and I seem to be able to do in any intelligent way. She says she wants me to open up and talk, but I know she'll go nuts if I do. Or she'll interrupt me mid-sentence and tell me *I'm* nuts. Either way, I lose.

"Does she think I don't know she rummages through my things? I've told h I'm not having an affair. But she finds napkin from a bar and turns that into full-blown romance. Maybe I did take woman to dinner, but it was nothing se ual. I just needed someone to talk to.

"I'm not sure what happened to me ter Sharon's miscarriage. All I know that for the first time I realized how clo I was to being a father, and it scared me.

"Look, I'm not a big advocate of ther py, but Sharon and I have been togeth so long, and I do love Jenna. I'm n going to run away from my responsibi ties. But I'm tired of everything bei done all on her terms."

THE COUNSELOR'S TURI

"When they first came to see me, Shar was tearful and anxious, and Roger w coolly defensive," said the counselo "and they continued to relate like that f many sessions. Nevertheless, there we interesting parallels in this couple's bac grounds that gave me hope.

"Both Sharon and Roger came fro families shattered by divorce, so neith had had a model for how a couple c relate in an appropriate, healthy wa However, they had overcome troubl pasts because of each other. Despi their anger, I could tell they genuine loved each other.

"The central issue for Sharon was la of trust. Roger's excuses and stories ma no sense, she felt shut out, and no matt how hard she tried, she was unable to e gage him in any meaningful dialogue.

"Overpowered by Sharon's relentle manner, Roger slid into passive-aggre sive behaviors. It was easier not to talk, avoid her and the issues altogether; th only made Sharon more anxious. S tried to control her anxieties by trying control her husband. I told Sharon, 'H needs some privacy, some respect f his feelings and needs.' Then, too, Rog had to learn to express his anger directl and the two of them had to learn to con municate their needs to each other i stead of arguing in circles.

"Roger also feared Sharon's criticisr He had repeatedly asked her to mar him, but she had rejected him. The pa of that rejection stayed with him. In ord for him to be less guarded, she had to b more responsive and show him that sh did, indeed, have faith in him.

"Though he refused to admit it, Rog was as traumatized by his parents' divor as Sharon had been by that of hers. I fact, I believe Sharon's miscarriage was s upsetting for Roger because it reactivate his long-dormant feelings of being aba doned, first by his mother and then by h father, who was so unable to cope with h son that he put him in reform schoo However, Roger had no emotional vocal ulary—that is, he was unable to commu nicate except on *(continued on page 18*



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a woman today

"My twenty-year nightmare"

YOU'VE READ THE SCARY NEWS ABOUT SILICONE IMPLANTS—NOW HEAR FROM ONE WOMAN WHO'S BEEN THERE

BY VERONICA SANDERS*



My story is so sensitive and personal—and I am so embarrassed by it—that I can't bring myself to use my real name. But I feel it's important that others hear about my ordeal. Last October, I had my silicone implants removed after twenty years of surgeries, complications and pain. This wasn't an easy choice, and there are still moments when I think wistfully of the curvaceous figure I used to have. Yet as the potential dangers of implants continue to make headlines, I'm glad that my worries, for the moment, are over.

Like the majority of women who undergo breast augmentation, I wasn't a mastectomy patient—I just wanted a bigger bosom. While it may be easy now to dismiss this as nothing more than self-destructive vanity, the reasons are actually far more complex, as I know only too well.

My lifelong desire for shapely breasts began in the fifties. Marilyn Monroe and Brigitte Bardot were hailed as paragons of sex appeal, while at sixteen, I was tall and *totally* flat—my bony chest could have belonged to a young boy. All the women in my family were normally developed, but I never grew enough to graduate from an undershirt to a training bra.

In desperation, I began padding my bra and wearing falsies, and immediately liked the way my sweaters filled out. The deception presented new problems, though. I grew anxious every time a date groped toward my chest, and I worried about what would ever happen if a man did see me nude.

I was lucky; my first lover couldn't have cared less about my flat chest. But we broke up after five years, and at thirty, I feared I might never find another man like him. I was so depressed that I saw a therapist. When he heard how unhappy I was with my looks, he suggested breast augmentation.

The thought was appealing. After all, I'd been passing myself off as normally endowed for years. Yet my reasons went deeper than that. In my mind, I equated breasts with womanhood itself: I believed that I was attractive, but I couldn't help feeling that somehow I wasn't a "real" female. I also believed that a bigger bosom would be erotic and make me feel sexier. Yes, I wanted breasts.

My therapist referred me to one of the most prominent plastic surgeons in Manhattan, who agreed to give me silicone implants. Fortunately, I made enough as a free-lance writer to cover the fee—more than $2,000—because my insurance wouldn't cover cosmetic surgery. I didn't tell anyone about *(continued)*

**Name has been changed*

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Selby Shoes - Albuquerque, NM
Shoemaker's Inn - San Antonio, TX
The Bootery - Abilene, TX
The Popular - El Paso, TX
Travis Shoes - Shreveport, LA
Weaver - Dallas, TX

A WOMAN TODAY

continued

this, though—others might think I was making a foolish choice. Instead, I told friends and family that I would be out of town on a writing assignment.

I don't recall hearing the doctor say one word about the risks involved in the surgery. What I do remember is waking up in the recovery room feeling an unfamiliar weight on my chest—two wonderfully perfect 36B breasts. I was excited and happy, never dreaming that a nightmare was about to begin.

Late that night, I awoke in great pain to see two nurses hovering over me with flashlights. My right breast was hemorrhaging, and the accumulation of blood had caused it to swell as large as a football. The next thing I knew, I was back in the operating room.

The second operation was successful, and a few days later, I threw all my padded bras away and bought beautiful sheer ones. My new figure made me feel liberated: I loved wearing bathing suits and backless dresses without worrying about a falsie slipping out of place.

Unfortunately, my euphoria was short-lived. Within a year, I began to notice that my right breast had hardened; it was painful to lie on my stomach. Worried, I went back to my surgeon, who told me that scar tissue had formed around the implant. He added that this complication was not unusual; however, this was the first *I* had heard of it. Still, I trusted my doctor. After all, he was one of the top experts in the field.

I needed yet another operation to remove the tissue, and I was satisfied with the results. Everything went well until about two years later, when I noticed what appeared to be a small blister at the base of my right breast. Over the next few weeks, the blister grew and grew until I was hit with the sickening thought: Maybe the implant was coming out of my body!

I went back to my plastic surgeon, reasoning that he knew my medical history and should be able to fix the problem. He confirmed my fear that the implant was being expelled, but couldn't explain why. He gave me a local anesthetic and quickly pulled the implant out through the opening in the blister. I was horrified, but he assured me that everything would be fine once my breast healed.

In passing, the surgeon mentioned that the implant had a small hole in it. The leakage of gel had been minimal, he quickly added, so I had nothing to worry about. I took his word for it.

I was ready for surgery again a few months later; but what was meant to be a three-day stay ended up lasting thirty days, to make sure the implant would hold. I was lucky that I still earned enough to afford yet another operation without having to dip into my saving take out a loan. When I learned th would be bedridden so long, I told parents. They were puzzled that I w subject myself to such pain, but they very tender and supportive.

After all that time, the implant di work. Several months after I was charged, my right breast still didn't or feel right. Now I was livid; I'd enough of this doctor and felt like a for having trusted him so long.

I found another respected plastic geon to replace the right breast implan 1977, six months later. The result was equate, and I thought my problems over at last.

Not long after this, I met and mar my husband, Jim, a self-professed " man" who loved me for myself as muc my body. I didn't tell him about my plants; I felt it was my private busin Unusual as it may seem, Jim never as about the faint two-inch scars under breasts—which had faded by this tim though he admits now he was curious. sensed my need for privacy and my re tance to talk about them.

My implants continued to bother In the early eighties, my right breast gan to harden again. I also noticed when I leaned over or hugged someon could feel my left implant sliding un the skin all the way to the top of shoulder! I was unnerved, but I didn' anything about it. I hid the problem f Jim, and not one of my doctors expre any concern during my annual mam grams and exams.

It was only in the summer of 19 when the controversy over the risk implants began to heat up, that I reali I couldn't ignore my symptoms longer. In June, I saw the second pla surgeon. He spent less than two min examining me, then assured me that erything was fine.

This time, I didn't accept his opinio knew now that doctors couldn't alway trusted, and I was *sure* something ha be wrong. I went to a third surgeon, took one look at me and announced th had a major rupture in my left impl Since I'd waited so long to seek med help, the implant might have been leak for as long as five or ten years.

Obviously, these implants had to be moved, and the doctor recommended placing them in the same operation. insisted that the latest models were m less likely to harden or break. Besides could always "pop them out" if I chan my mind later on.

The first thing I had to do was to tell husband what was happening. To say least, it was difficult, and I was mortif To my surprise, he was shocked; h never suspected my breasts weren't r Jim then assured me that he'd love m and my body—no matter what. *(contin*


LIFE,
LIBERTY
AND
THE PURSUIT
OF
HAPPINESS.
SELBY

My initial impulse was to have the implants removed once and for all. Yet I wasn't sure I could face never having breasts again. Despite all the misery, I still loved looking curvaceous and sexy. And the doctor made the procedure sound so easy; surely nothing could go wrong *this* time.

I insisted that the surgery be performed in the hospital rather than the doctor's office. Perhaps I somehow knew what would happen next. So much silicone had leaked out of the left implant that it was half empty! Furthermore, the right implant had also ruptured. It took the surgeon more than two hours to scrape the sticky, gooey gel from my chest cavity before he could put the new implants in.

As if all this weren't painful enough, I developed a hematoma in my right breast that same night—a horrible replay of my first operation nineteen years ago.

I stayed in the hospital for a week, until the bleeding stopped, thinking about what I'd endured for nearly two decades. Finally I listened to what my body had been trying to say from the start: Those implants did not belong in there. I told the plastic surgeon that I wanted them out right away, while I was still in the hospital. He argued that I would regret the decision, but my mind was made up.

The surgery took an hour (so much for "popping them out"), and I awoke to find myself flat as a board once more. Yet I felt good: A burden had been lifted from my body and my life.

All told, I spent more than $25,000 on my operations, none of which was covered by insurance. Thus far, I haven't experienced any further health problems, but I worry that I might one day. Although the effect of silicone on the body is not yet known, many implant patients are now complaining of such painful disorders as arthritis, lupus (an inflammatory connective-tissue disorder that can affect joints and organs) and scleroderma (a connective-tissue disease marked by hardening of the skin).

The emotional costs are far greater than any physical damage. It has not been easy dealing with the body I have now. I'm back to padded bras, and I cannot bear to see myself in the mirror. My breasts look like shriveled, empty pouches, and scars slash across my chest.

For weeks, I felt shy around my husband, and I was uncomfortable about letting him see me naked. Fortunately, Jim finds me as desirable as ever, and I know I can always count on his love and support.

Looking back on my terrible saga, I ask myself why I never questioned or confronted the doctors when the implants failed time and time again. I guess I felt that since I freely chose to have these operations, I had only myself to blame when they were unsuccessful.

As it turned out, it wasn't my fault at all. According to my third doctor, my implants were improperly inserted; instead of placing them above or beneath the chest muscles, the surgeons placed them in the middle of the chest wall. I considered filing a malpractice suit against the doctors, but decided I didn't want the publicity that would result.

Even after everything that's happened to me, I don't presume to tell other women never to undergo breast augmentation. It is a personal, emotional decision, and in the end, many patients feel the results a worth it. But I do want to urge women demand all the facts before undergoi surgery, so they'll avoid the dangero mistakes I made.

Don't believe everything your doct tells you; if you're not satisfied for a reason, always get a second opinion—even a third. Report any problems imm diately, and listen to your body.

I learned the hard way that being woman has nothing to do with breast siz I may not have a Marilyn Monroe figu anymore, but I now have something be ter—freedom. ■

Implant alternatives

An estimated one million to two million American women have had their breas augmented or reconstructed with silicone implants since 1960. While 20 percent u derwent the surgery after a mastectomy, 80 percent chose implants solely to e hance their figures, according to the Food and Drug Administration (FDA).

While the FDA studies the safety data and considers whether to ban silicone in plants permanently, two alternatives remain. Neither is without drawbacks.

Saline implants are considered less risky than silicone implants, because salt water is a na ural body fluid. (The FDA has not approved these devices but is likely to conduct a review of saf ty data within the next two years.) The cost of surgery is now about $2,500, before hospital fee However, saline implants may slosh around as a woman moves. Like silicone, they can harden sink down into the bottom part of the breast, causing the skin to stretch, and if ruptured, they d flate completely. Some women lack sufficient breast tissue to support the devices. Although the now average $600 a pair—about the same as their silicone counterparts—that price is expecte to double, due to the ban on silicone, plus rising research and litigation costs.

In **reconstructive breast surgery,** a patient's own tissue is taken from the abdomen, bac or buttocks. There is no rupture or leaking with this procedure, but there is a chance that th transplanted tissue will die. Not everyone has enough fatty tissue for transplant, and scars can b extensive; the complicated surgery can cost as much as $10,000.

If you already have silicone implants and you experience no discomfort or other symptom most experts counsel against having them removed. However, it *is* vital that you keep alert to ar signs of trouble.

Examine your breasts carefully every month and see a doctor regularly for additional exam Report any changes in the breast immediately: lumps, hardening, slippage, pain, numbness tenderness, discharge from the nipples, or blisters. Also, watch for symptoms that may indicat immune-system disorders: fatigue, joint pain, tightening of the skin over muscles.

Find a doctor you can trust to keep up with the latest information. You may also want to cor sult a rheumatologist—an internist who specializes in inflammatory connective-tissue and joi disorders. For information on implant support groups that offer physician referrals, call your hos pital or National Command Trust Network (213-556-1738), a support and advocacy group.

Get yearly mammograms performed at a facility accredited by the American College o Radiology. Ask your plastic surgeon for a referral, or call the American Cancer Society at 80 ACS-2345. Tell the radiologist that you have implants, and make sure that he or she knows th special mammogram positioning and compression techniques needed.

Get a copy of the complete medical record of your implants, including model and year, fro the surgeon who inserted them. Some models may be less durable than others.

If you do experience problems with your implants, you may want to consider legal action. Tw months into the controversy, approximately one thousand women had already filed lawsuit against manufacturers. That number is expected to rise as reports of negligence continue to su face. In most cases, women file product-liability charges and seek damages anywhere fro $2,000 to $7 million. For resource lists and information on how to find an attorney, send a sel addressed, stamped, 9x12-inch envelope to: Public Citizen Health Research Group, 200 P Stree NW, 7th Floor, Washington, DC 20036.

For more information about implants, write to: Breast Implants, Food and Drug Administratio HFE-88, Rockville, MD 20857. —KIM C. FLODI





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Journal
beauty and fashion

Having a fit over the new denims, upper-body builders, and more

Shiny and set

Hair looks newest glamour-set in curls, or sleek and shiny. Ten new products that help:

1. VaVoom! Liquid Shine by Matrix. A spray that adds gloss. Zaps the frizzies, too. $12
2. KMS Shine Complex. Especially formulated to provide a healthy finish to even the most damaged hair. $11.95
3. Llongueras Brilliantes Liquid Glosser by Revlon. Makes hair shimmer while smoothing split ends. $15
4. L'Oréal Colorvive Technicare Instant Shine Booster. Especially for color-treated hair. Contains a filter that protects against fading. $5.79
5. Alberto Frizz Solver & Shine Enhancer. A nonalcohol, oil-free formula for wet or dry hair. $2.99
6. Condition Hot Styler by Clairol.



Designed for use on dry hair. Ideal to set curls and flips. $1.99
7. Salon Selectives Perfect Curls (Level 10). Helps curly or permed hair retain shine. $2.49
8. L'Oréal Studio Line Roller Derby. Designed to give nonheated-roller sets lasting curl. $3.69
9. Aveda's Elixir. Adds body and softness to every hair type. $8.
10. Redken Creatif Centigrade Term-active Bodifier 4L. Infuses hair with volume and resilience. $5.80

Photos, from right: Nesti Mendoza and Richard Dillon.

True blue

Ask any woman, and we bet she'll agree: Next to buying a swimsuit, there's no shopping venture more frustrating than finding a pair of jeans that really fits. In a style you like. That's perfectly comfortable. Sound familiar? Well, we checked out today's jean pool to see if the selection had gotten any better. The good news: It has. Each of the three real women we asked to be testers found not one but *two* pairs she loved. It takes patience, but it can be done, and once you've found a brand or designer you like, you can stick to it. Below, how these women found perfect pairs, and how you can, too.

JANE DISCOVERS THE NEW BAGGY JEANS

"I'm conscious of my hips and thighs, so I'm always searching for jeans that are roomy without looking too big. I love the tapered waist that the DKNY baggy jeans have and how they hide what they have to without being too loose. I like the way the behind doesn't really cling. They're prewashed, and very soft, but the faded blue is still dark enough to work as a minimizer. I like to keep my jeans the same intensity as or darker than my top. The Gitano baggy jeans are equally great. I think a yoke is very flattering when you're wearing a fuller pair of pants—it seems less bulky even though there's actually more fabric. Pleats are also a good style feature if you're curvy like me."





Above: Shirt, Ralph Lauren; belt, Coach; jeans, P.S. Gitano, $20. Right: Shirt, Equipment; belt, Coach; jeans, DKNY, $85; hair, Pascal Ghienne for Pierre Michel at Trump Tower; makeup, Rex.

Getting fit

A good waist fit is your number-one goal. A slightly higher, wider waistband emphasizes a small waist and provides body definition, especially when the jeans are a loose, baggy cut. ■ Check hips, tummy, thighs and rear for ease of movement. Jeans labeled *baggy* are cut fuller in the legs and derriere; jeans labeled *relaxed* are roomy without looking it. ■ According to Jerry Fox, vice-president of sales for P.S. Gitano, "Bunching is the biggest complaint we hear—excess fabric creating an unattractive bulge across the tummy. If a woman buys jeans with the right rise [distance from crotch to waist], this won't happen."

Introducing a delicious new wa



Choose a cool Ultra Slim·Fast Fruit Juice Shake for breakfast.



Have a delicious, chewy Ultra Slim·Fast Crunch Bar as a snack.



Enjoy a thick, creamy Ultra Slim·Fast Shake for lunch.



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Three years of research by Ultra Slim·Fast has resulted in a remarkable achievement, a way to reduce fat and calories in foods you love, while maintaining great taste, delicious flavor and eating satisfaction. At the same time, we have been able to add the vitamins, minerals and fiber that are essential to good health. That's why today you can eat healthy, los weight and feel great.



Losing weight and feeling gre The Ultra Slim·Fast® Plan has nev been easier or more delicious.

The new Ultra Slim·Fast Plan incredibly easy! And all Ultra Slim·Fast Foods are absolutely deli cious. A Shake for breakfast, anoth for lunch, a sensible, satisfying 3-course Dinner and 3 delicious Snacks. You can eat 6 times a day and still lose the weight you want a feel great.

Compare our labels. Compare our taste. See how delicious good nutrition* can taste.

Ultra Slim·Fast Foods taste absolutely delicious. But the big nutritional difference is that in addi-

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*Note: Persons on restricted sodium diets should ad labels carefully for sodium content.



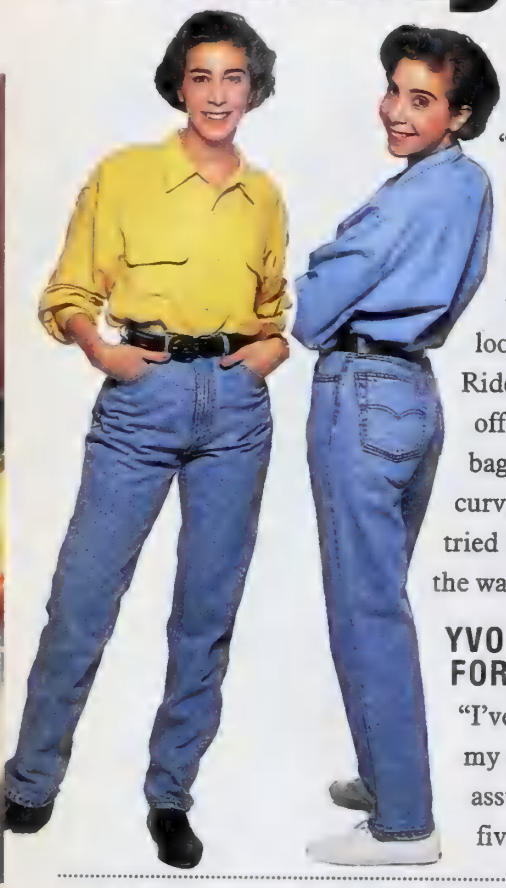
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If you have any questions regarding the Ultra Slim•Fast Plan, please consult your doctor or pharmacist; they're your best guide to good health.

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KIMBERLY'S TWO FIT TO A T—EVEN FROM BEHIND

"Jeans never seemed to fit my rear end right—until now! The Levi 560s are super—loose and very easy-fitting without making me look wide or heavy. I like to wear a wide belt with jeans, and these belt loops are nice and big. The Lee Relaxed Riders are really comfortable, too. They show off my waist without being too tight or too baggy in the leg. They seem to be cut for a curvy body—most classic Western cuts I've tried are too small at the hip and rear, too big at the waist. These give me a great tush!"

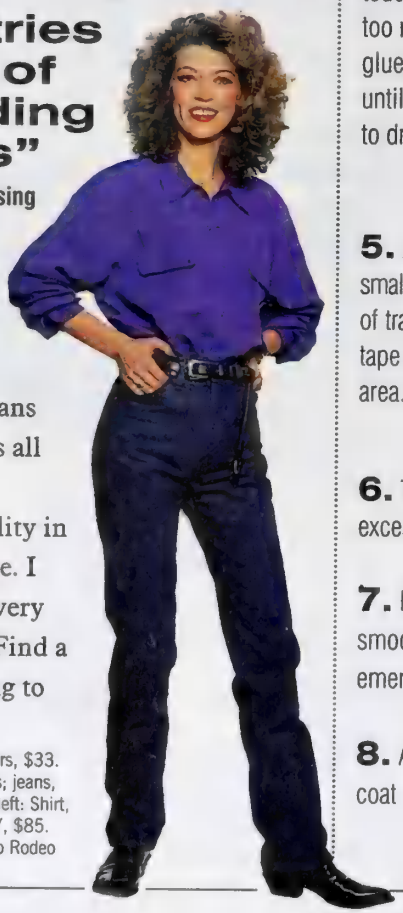
YVONNE'S CLASSICS AREN'T FOR THE BOYS

"I've always had trouble finding jeans that fit my waist and hips because so many designers assume when you're tall and thin (I'm five feet ten) you're straight like a boy.

"The average woman tries on sixteen pairs of jeans before finding a pair she likes"

Barbara Wells, vice-president of merchandising Womenswear, Lee Jeans



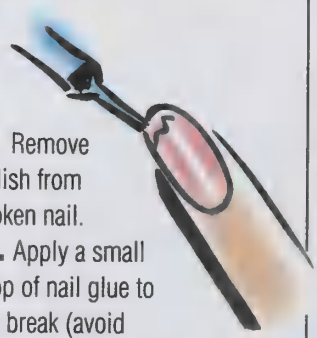


Not so! These Wrangler Pro Rodeos are narrow like men's jeans, but they really do fit perfectly. The DKNY ripped jeans feel great—the soft fabric makes all the difference. I like to be comfortable. These have flexibility in the waist and the slim look I like. I always try at least two sizes of every style I choose. My best advice: Find a good sales assistant who's willing to run back and forth for you!"

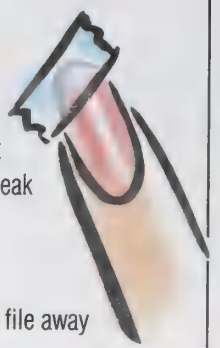
Top left: Shirt, Equipment; jeans, Lee Relaxed Riders, $33. Top right: Shirt, Gordon Henderson; sneakers, Keds; jeans, 560 Jeans from Levis Womenswear, $41. Bottom left: Shirt, The Gap; sneakers, Keds; belt, Coach; jeans, DKNY, $85. Bottom right: Shirt, Equipment; jeans, Wrangler Pro Rodeo Competition Jeans, $30.

Fast nail fix

Nail breaks are annoying, often painful, and always seem to occur at the worst possible time. Here's a speedy R_X from Elisa Ferri, a pro who has doctored the nails of Annette Bening and Janet Jackson, to get you through the day.



1. Remove polish from broken nail. **2.** Apply a small drop of nail glue to the break (avoid touching skin or applying too much glue). **3.** Press the glued parts together and hold until the bond sets. **4.** Allow to dry five to ten seconds.



5. Apply a small piece of transparent tape to the break area.

6. Trim and file away excess.



7. Buff nail smooth with emery board.

8. Apply a coat of polish.


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by

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"Ashley's" softly rounded features are crafted of fine bisque porcelain and delicately hand-painted. Her flirty blue eyes, pouty lips and delightfully exaggerated pose distinguish her as a Helen Kish original, a work so beautiful she bears the artist's signature.

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Enjoy the magic of childhood as only a master can create it. Our *100% Buy-Back Guarantee* allows you to return "Ashley" within 30 days of receipt for a prompt replacement or full refund, if not delighted. Submit your reservation today!

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"Ashley" wears a crocheted, wide-brimmed hat adorned with ribbons and silk flowers.



"Ashley's" blue and white bloomers peek out from beneath Mother's flowered gown.

Reservation Form For Ashley

Respond by: April 30, 1992

Please accept my reservation for "Ashley." The issue price is payable in five convenient monthly installments of $28* each.

I need send no money now. On acceptance, I will be billed for the first installment when my doll is ready for shipment.

UMM2 QD 3C

☐ Ms. ☐ Mrs. ☐ Mr.

Name _____

Address _____ Apt. _____

City _____ State ____ Zip _____

Telephone (_____) _____

Signature _____

*CA and FL residents will be charged the appropriate state sales tax. *All reservations must be signed and are subject to acceptance.*

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Dear Fashion Editor...

READERS WRITE TO US FOR ADVICE ALL THE TIME. WE ASKED EXPERTS TO SOLVE YOUR TOUGHEST FASHION PROBLEMS

Q I've heard that department stores offer free alterations. Is this true? Is there a standard policy?

A Most department stores do offer in-house alterations, but there are different policies. At Macy's, if an item is purchased at full price, then basic alterations (sleeves and hems) are free; there's a charge for more complicated tailoring. There's a fee for all alterations of sale-priced items. JCPenney will alter suits (sleeves and hems only) free of charge. Saks Fifth Avenue offers many alterations free of charge for both full-price and sale items in addition to sleeves and hems, including adjusting the center back seam of a jacket.



Q I lost a button from a jacket I bought a year ago. How can I replace it?

A Try the store first. At Ann Taylor, the store managers are given a supply of buttons from the vendors every season. If the button isn't available, the manager will track one down. The managers at Casual Corner will also do everything possible to locate a button. If the store can't help, ask them for the phone number of the manufacturer. The consumer relations department at Liz Claiborne (212-354-4900) encourages customers to call with any problems. Karen Ross, director of At Your Service at J.H. Collectibles (212-944-6644), told us, "Just the other day we replaced a whole set of buttons for a customer on a four-year-old jacket." J. Crew may not be able to replace an old button, but they will take the item back, no matter how old. They guarantee that "if at any time, you are not completely satisfied with any item you purchased from us, we will gladly exchange or substitute the item or refund your money."

Q What are my rights when something is damaged by the dry cleaner? Can the dry cleaner be held responsible?

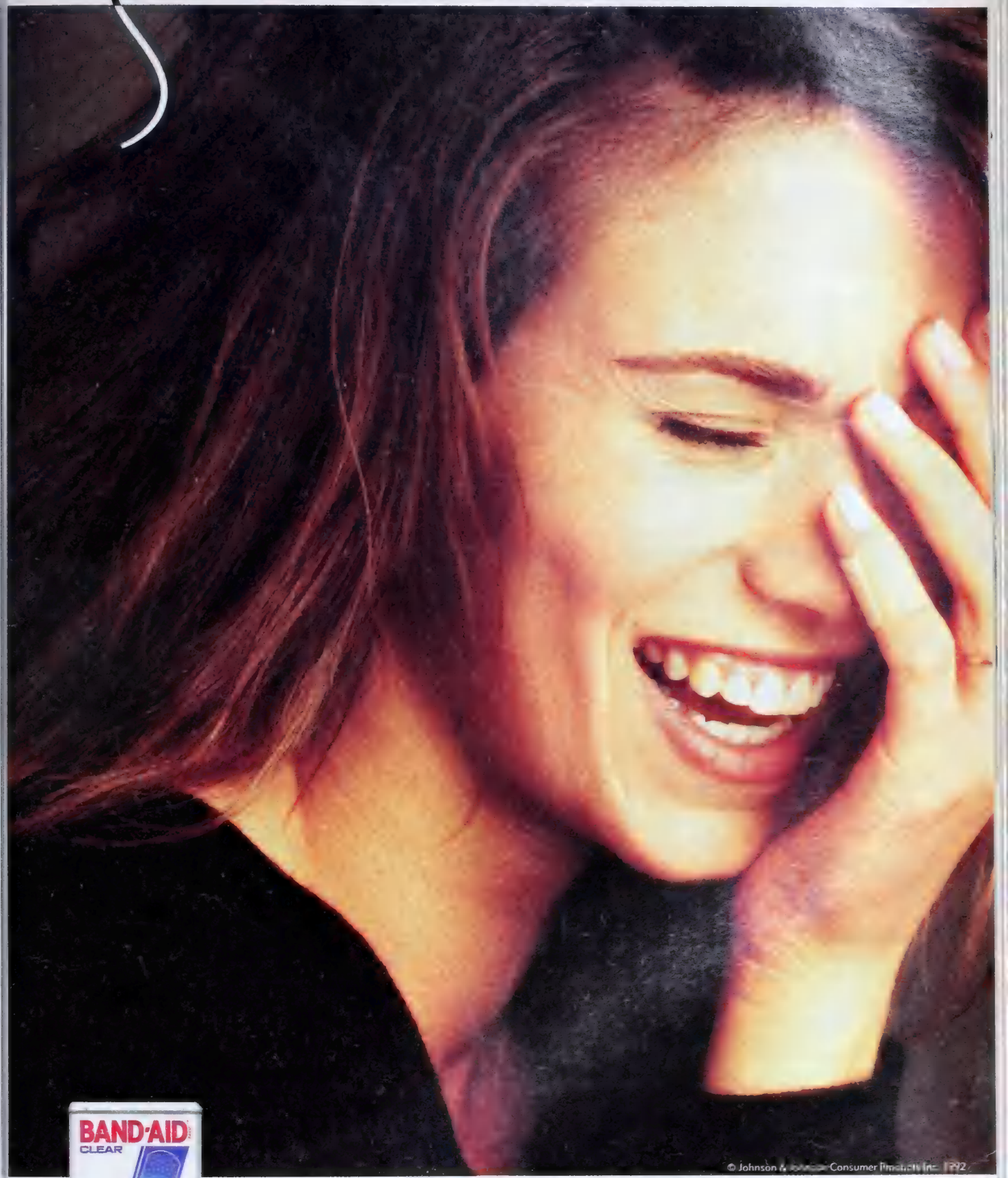
A According to Alice Laban, public-relations coordinator for the International Fabricare Institute (IFI), the association of professional dry cleaners and launderers, "When an item is damaged, there are three possible causes: (1) It's the customer's fault. For example, an invisible stain—from a hair product or perspiration—was already set into the garment before dry cleaning, and the dry-cleaning solution had a negative effect; (2) it's the manufacturer's fault. The product says "dry clean only" when in fact it was never tested by the manufacturer. This is called a faulty care label; or (3) it's the dry cleaner's fault.

If you're convinced it's the dry cleaner's fault, but he insists it's yours, the case can be solved at IFI's laboratories in Silver Spring, Maryland. If your cleaner is a member of IFI (13,000 out of 25,000 cleaners in the U.S. are, and members have a sticker displayed in the store window), he is required to send the item to IFI to be tested. If the cleaner is not a member, or refuses to send the garment, contact your local Better Business Bureau, and they will send the item to IFI.

If IFI determines that it was the consumer's fault, no one is liable and nothing can be done. If it is the manufacturer's fault, take the item back to the store where it was purchased. If the store won't resolve the problem, ask for the manufacturer's name and address and write to the company. Include a description of the garment, the damage, where it was purchased, how many times it has been dry-cleaned and what the care label says. Also write to the Federal Trade Commission, Correspondence Branch, Washington, DC 20580, to let them know what has happened. They'll be able to tell you if they have received complaints in the past about the manufacturer.

If IFI discovers that the damage was caused by the dry cleaner, ask to see your cleaner's copy of the Fair Claims Guide for Consumer Textile Products. All members of IFI have this guide, which will tell you how much you will be reimbursed for the item based on the life expectancy of the garment, the current replacement cost and its current condition.

HHHHH. DON'T LET ANYONE KNOW YOU'RE HURT.





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The ultimate upper-body workout



FROM TONY CORTEZ, THE FITNESS PRO WHO CARVED SEXY MUSCLES INTO LINDA HAMILTON'S *TERMINATOR II* BODY, A FOUR-WEEK ROUTINE THAT WORKS! (Note: This routine is shown on an exercise bench, but you can use any bench. See box on the following page for suggested weights and exercise schedule. Do a five-minute warm-up before working out. Check with your doctor before starting any exercise plan.)



1. FLAT DUMBBELL FLY

Lie on back, knees bent, feet flat. Grasp a weight in each hand. Begin with arms raised, palms facing each other and elbows slightly bent. Slowly and smoothly lower elbows to sides in a wide arc until they are slightly below shoulder level. Remember to keep elbows bent the entire time. Hold one count and exhale as you raise arms back up to starting position. This works the pectoral muscles.

2. DUMBBELL BENCH PRESS

Lie on back, knees bent, feet flat. Grasp weights. Begin with elbows bent at sides, at chest level, palms forward. Slowly extend arms, keeping elbows slightly bent and exhaling as you raise weights. Hold one count, return to starting position. This works the pectoral muscles.





3. DUMBBELL ROW

Start with right knee on bench and left foot on the floor, keeping left knee slightly bent. Grasp one weight in left hand and use right hand for support on bench. Hold the weight with palm facing body and elbow in, close to the body. Raise left arm up to chest level so that elbow is bent and at a 90° angle, exhaling along the way. Hold one count, lower to starting position. Switch sides. This works the mid-back muscles.



4. DUMBBELL ROW WITH ELBOWS OUT

Start with right knee on bench, left foot on the floor, left knee slightly bent. Grasp the weight in left hand; use right hand for support on bench. Hold the weight, palm facing body with elbow bent. Pull the arm up to chest level with elbow bent out, exhaling along the way. Hold one count. Lower to starting position. Switch sides. This works the upper back muscles.



5. DUMBBELL LATERAL RAISE

Sit on bench, keeping knees and ankles together and back straight. Hold a dumbbell in each hand parallel to your thighs, with elbows slightly bent. Slowly raise arms to just above shoulder level (so elbows are above shoulders). Lead the arms upward with your pinky finger as the guide, exhaling as you go. Hold one count, lower to starting position. This works the shoulders.

How'd they ever get a sneaker in those slender little pumps?



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We made it out of cottony-soft Soft-Sorb. We made it incredibly thin. And shaped it to fit your body.

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So to feel fresh without feeling your pantiliner, try new Always Sheer Confidence. You'll find that feeling practically nothing is really something.

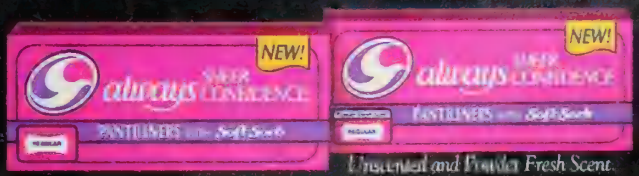


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Ours has more adhesive coverage to move with you.

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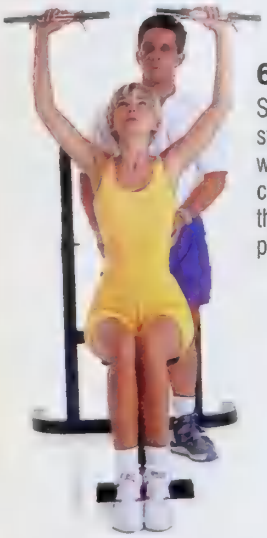


Unscented and Powder Fresh Scent.

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6. MILITARY, OR SHOULDER, PRESS

Sit on bench, keeping knees and ankles together, back straight. Hold dumbbells with arms bent out to sides and weights at shoulder level. Bring arms up over head toward ceiling, keeping them in line with your ears (don't bring them behind your head). Hold one count, lower to starting position. This works the shoulders.



7. HAMMER CURLS

Sit on edge of bench. Grasp weights, palms facing sides of thighs with elbows slightly bent. Keep your upper arms close to your body. Curl weights toward shoulders, exhaling as you lift. Hold one count, lower to starting position. This works the biceps.



8. STANDING BICEPS CURLS

Stand straight with feet shoulder-width apart and knees slightly bent. Keep upper arms close to body and grasp weights (or an exercise bar) with arms extended down and palms facing out. Curl weights or bar up to shoulder height while keeping resistance even. Hold one count. Bring down slowly and in a steady motion to starting position. This works the biceps.



9. TRICEPS KICKBACKS

Rest right knee on bench, left leg on floor. Right arm grasps edge of bench. Hold one weight in left hand. Keep upper arm close to and in line with body. Extend arm straight back. Exhale as you straighten. Hold one count. Slowly bring back to starting position. This works the triceps.

10.BENCH DIPS

Stand beside bench and grasp behind you. Rest buttocks on edge, legs extended in front of you, knees bent and heels on the floor. Bend your elbows as you lower buttocks. Hold one count and return to starting position. This works the triceps.



The four-week plan

You should do these exercises three times a week, every other day. Start off with one-pound weights, and increase to two pounds or more, depending on your strength.

Week 1: Do 2 sets of 15 reps
Week 2: Do 3 sets of 15 reps
Week 3: Do 4 sets of 12 reps; increase weights
Week 4: Do 4 sets of 10 reps; increase weights

Between each set, take a 30-second to 1-minute break. If you're interested in working with a personal trainer, look into his credentials. Important accreditation councils include ACSM (American College of Sports Medicine), and NSCA (National Strength Coaches Association). It is also important to get a referral list of current clients and speak to them.



Remember when your eyes
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what's HOT

LHJ's follow-up on current news, views and who's whos

The cast of characters, clockwise from bottom left: Ed, Marilyn, Maggie, Chris, Joel, Maurice, Shelly and Holling



On the set of "Northern Exposure"

The tiny town of Roslyn, Washington (population 875), is a long haul from Hollywood: It's the kind of place where locals used to watch dogs race alongside pickup trucks for excitement. No longer. These days, Roslyn is the site of *Northern Exposure*, the hit series set in the fictional town of Cicely, Alaska. A year and a half after its debut as a summer replacement, this funny, often-fantastic show from the creators of *St. Elsewhere* won a Golden Globe as TV's best drama series and regularly ranks in the Nielsen top twenty. So meet the Cicely townsfolk:

Janine Turner, who plays bush pilot Maggie O'Connell, is probably the show's best-known star—not always to her delight. "I hate questions about my love life and my eight dollars," pleads the former Wilhelmina model, referring to her past amours (namely Alec Baldwin and Mikhail Baryshnikov) and the paltry amount of money she supposedly had in her pocket prior to landing the role. Turner would rather discuss tough-minded Maggie, who she feels is a real nineties woman. "She's not about fingernail polish and lipstick, but she's still sexy," says the Dallas native with the trademark boyish haircut. But Turner, twenty-nine, doesn't know what will melt the ice between Maggie and the series' male lead, transplanted Manhattanite Dr. Joel Fleischman (**Rob Morrow**). "My house burned down in one episode," she says, "and even that didn't do it! But I wouldn't rule it out down the road."

As the childlike waitress Shelly Tambo, actress **Cynthia Geary** often steams up the screen with her sixty-three-year-old squeeze, Holling Vincoeur (**John Cullum**). The twentysomething Mississippian, who "used to keep things inside until I explode," finds the show relaxing. "It's great therapy."

Tell that to Dr. Fleischman's stoic assistant, Marilyn Whirlwind (played by **Elaine Miles**), who doesn't get many lines. That's just fine with thirtyish Miles, a Native American who'd never acted before she *(continued)*



ROLL 'EM! JANINE TURNER ON LOCATION IN THE STREETS OF CICELY



Seriously Swayze

We've seen Patrick Swayze parachute from planes, dance dirty and give sex appeal to ghosts. Now this thirty-nine-year-old Texas native is taking a new kind of chance. He's starring in *City of Joy*, directed by Roland Joffe (*The Mission*), to open nationwide on April 3. Swayze plays a disillusioned doctor who travels to India, searching for a reason to live.

The movie was shot in the slums of Calcutta, and Swayze maintains he found inspiration among the city's people: "They'd share their last bowl of rice with you." What was the best thing about his latest cinematic foray? "Being taken seriously as an actor." —KATHRYN CASEY

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what's HOT

(continued) was discovered while dropping off her mother to audition. "I'm a basket case memorizing dialogue when it's more than thirty words," she says.

John Corbett, who plays dishy KBHR-radio deejay Chris Stevens, claims to be bewildered by his new sex-symbol status. "I don't feel like I'm a hunk," says the tall (six feet five), long-haired and affable former steelworker from West Virginia.

But actor **Darren E. Burrows,** who plays Cicely's biggest movie buff, Ed Chigliak, welcomes female fans. "I *looove* the ladies," he croons. One quarter Apache and one quarter Cherokee, the blond Kansan dyes his hair black to play part Native American Ed and says he's learning about his heritage from the show.



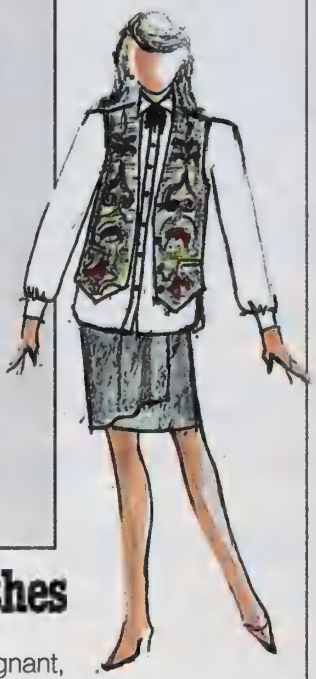


NORTHERN LIGHTS: JANINE TURNER (TOP) AND CYNTHIA GEARY BRIGHTEN UP THE ALASKAN SCENERY

Barry Corbin plays the right-wing president of Cicely's chamber of commerce, ex-astronaut Maurice Minnifield, with gusto, but says he's nothing like the man. "Maurice is scientifically minded and thinks art is a girly thing, which is not how I feel," says Corbin, a longtime character actor and father of four who has dabbled in playwriting, boxing and ballet. The burly Texan believes it's the "community spirit in the writing and on the set"—and in Roslyn itself—that has made the series a success. —DEAN LAMANNA



EXPANSIVE STYLE: MURPHY'S MOM-TO-BE LOOK FEATURES COMFY LEGGINGS, SWEATERS AND LOOSELY TAILORED SUITS



Murphy's maternity clothes

When we heard she was pregnant, we knew Murphy Brown wasn't about to sport "Baby-on-Board" T-shirts or smocks with pussycat bows. But what *is* TV's best-dressed woman going to wear? Bill Hargate, the show's Emmy-winning costume designer, says she'll try to squeeze into her regular clothes by the likes of Donna Karan and Calvin Klein as long as she can. As her girth grows, however, so will her wardrobe. In the end—with the help of padding—Murphy will be enormous. Only then might style have to yield to substance. Sighs Hargate, "I may be at the Army/Navy store buying her a tent!" —MELANIE BERGER



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what's HOT



The third annual Lady Awards

Last year separated the movie men from the boys: Peter Pan grew up to be Robin Williams, Macaulay Culkin had his first screen kiss, and Warren "Bugsy" Beatty was cast in the real-life role of daddy. Still, are they man enough to earn Ladys, the LHJ answer to the Oscars? The envelopes, please…



Best sizzle, female

BELLE, *BEAUTY AND THE BEAST*

This lovely bookworm faced brawn with brains, turning an animal into the prince of her dreams.



Best sizzle, male

KEVIN COSTNER, *ROBIN HOOD, PRINCE OF THIEVES*

Love a man in uniform. In that tunic, Kevin, we'd cheerfully follow you to Sherwood Forest—but that Garrison getup should go.

Best screamplay

CAPE FEAR

We'll never look at a family getaway quite the same way again—and, we bet, neither will Nick Nolte or Jessica Lange!

Best scene stealer

NORMAN, *CITY SLICKERS*

This high-steaks moo-vie star beats Thing hands down.



Headliner of the year

JULIA ROBERTS

Reduced, but not diminished, for her part in *Hook*, she wins this category by a bad haircut or two—and by her off-screen exploits with Kiefer and Jason.

Best double play-er

JODIE FOSTER

She acted so appetizingly in *THE SILENCE OF THE LAMBS* and then worked both sides of the camera in *LITTLE MAN TATE.*

Honorable mention: BARBRA STREISAND, who directed herself in *PRINCE OF TIDES,* proving that she's adept at handling difficult stars.

Fun couple of the year

GOMEZ AND MORTICIA, *THE ADDAMS FAMILY*

No marital therapy needed here. As she says so lovingly: "Don't torture yourself, darling, that's my job." Honorable mention: Thelma and Louise, whose cross-country drive ignited a national debate.





Marilyn Quayle's novel experience

According to *The Washington Post*, Marilyn Quayle, forty-two, is a control freak who rules her husband, Dan, and his Vice-Presidential office. According to the Second Lady herself, she's so busy with her kids and her own official duties she barely had time to work on her first novel, *Embrace the Serpent* (Crown).

Written with her sister, Nancy Northcott, the heavy-handed political thriller set in Cuba after Castro's death is unlikely to captivate critics. But whatever the reviews, the sisters don't regret their joint effort. "We're so much closer than we were," says Marilyn.

Let's have the truth, though: Who was the boss? "Nancy," notes Marilyn diplomatically, "is my *older* sister."

—JOANNE KAUFMAN

The Fisher-Price Magic Burner Stove. Fun for very short-order cooks.



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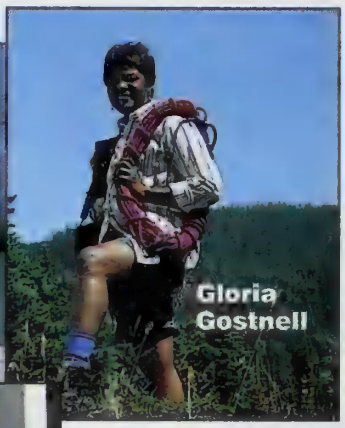
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Take a chance

IT'S SCARY TO TRY SOMETHING NEW. BUT DON'T LET FEAR HOLD YOU BACK. HERE, FOUR WOMEN, INCLUDING THE AUTHOR, TELL YOU HOW THEY GOT UP THEIR NERVE







Many of us hesitate to try new things. We may be afraid of failing, anxious about the unfamiliar, or scared we'll look ridiculous. But according to Fred Koenig, Ph.D., professor of social psychology at Tulane University, doing something different—whether it's as small as taking dancing lessons or as big as starting a new career—can revitalize us. "Mastering new skills gives us a sense that we have control over our lives," he says.

Below, women who improved their lives by trying something they never thought they could do.

DANCING TO MY OWN BEAT
Barbara Burgower, 39
Houston

When I told my family I was going to take jitterbug lessons, they laughed. My sister was the dancer; I was the klutz.

But at age thirty-seven, more than a year after my divorce, I wanted to meet new people. Friends had suggested an adult-education class, and the only one that caught my eye was jitterbug.

Walking into the class of forty people that first night was much harder than any dance step. But by the end of the first hour, I was truly enjoying myself.

I seem to walk a little taller now, and I can even do double turns with grace. Through jitterbug, I've made a lot of new friends—and I even met the man I'm going to marry. Jim Hordern is a lawyer, and we've been dancing together since that first night. A whole new song in my life is just beginning to play.

CLIMBING TO THE TOP
Gloria Gostnell, 52
Portland, Oregon

As an elementary school principal, a doctoral candidate and a mom, I'm not easily intimidated. But four years ago, I was invited to participate in the American Leadership Forum, a nonprofit organization that brings together community leaders. The training involved hiking and climbing a mountain.

I'm afraid of heights, and *(continued)*



A TAXING TIME

As April 15 looms, many couples will enact their annual fight over tax returns. But most of these arguments aren't about taxes at all. Here's what the experts say you're *really* fighting about:

■ Time—Filing taxes forces you to work under a deadline, and you may each respond differently. Some people need several work sessions; others perform best under the gun. Compromise on a time frame.

■ Money—Most people have ingrained attitudes toward money, says James W. Gottfurcht, Ph.D., a financial psychologist in Los Angeles. Some are "prosperity thinkers," who assume abundance; others are "poverty thinkers," who assume scarcity. Discuss your financial differences *after* you do your taxes.

■ Power—Tax time often forces you to see that one partner (usually, whoever earns more) has more say. After you pay your taxes, reach an agreement that he or she who holds the checkbook doesn't also control the spouse. —MELANIE BERGER


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(continued) the thought of scaling a mountain was terrifying. I couldn't imagine how I'd conquer my fear.

I was extremely anxious the morning we started our trek. The others kept encouraging me, though. When we reached the top after a six-hour climb, I was elated.

I proved something to myself by making that climb. Taking risks and facing challenges—that's what life's all about.

A LEAGUE OF MY OWN
Barbara Hieger, 45
Redmond, Washington

I never thought of myself as athletic. But in our town, soccer is a big part of life. With four kids, I'm an expert on the sport.

Nine years ago, I decided to do something just for me. Another mom invited me to practice with a women's soccer team.

I was scared. What if I made a fool of myself? I must have done well, though—I was invited back. After several practices, I made the team. Today, I'm on two teams, and I play in the spring, summer and fall. To stay in shape, I jog three days a week.

Soccer is a great outlet for frustration. When I'm playing, I forget about my husband, the kids and the laundry.

IT'S NEVER TOO LATE
Marj Gurasich, 69, Richmond, Texas

I never dreamed I'd launch a new career in the same year I went on Medicare. But at sixty-five, I published *Red Wagons and White Canvas*, a children's historical novel. Today, I've written five books on Texas history, and three have won awards.

At age fifty-six, I took a part-time job selling ads for a newspaper. When the editor asked me to write a few paragraphs, I was terrified. But after I got those first sentences on paper, I was hooked.

I started writing features for the newspaper, and then, my first book. I couldn't get it published, but I didn't give up. Finally, in 1987, a publisher accepted my work.

My advice to anyone who has thought of risking something new is, just go for it. It may turn out to be the best thing you've ever done. —BARBARA BURGOWER

THE CLEANING CATHARSIS

"Small household tasks can be good for the psyche and give you a sense of accomplishment," says Washington psychologist Susan Mikesell, Ph.D. Here, tasks to match your moods:

Mood	Chore
Angry/Frustrated	■ Pound sofa cushions and bed pillows back into shape with your fists. ■ Attack bathroom and/or kitchen floors with a wire scrub brush and strong cleaning fluid. ■ Scour your oven racks or under stove burners with steel wool.
Overwhelmed	■ Organize your closet or dresser drawers, using a system (by colors, by outfits, by what still fits). Throw out anything you haven't worn in a year; better yet, give it to charity. ■ Clean and brighten one small corner, hallway or nook of your house (flowers or a pretty bowl can do wonders). ■ Choose five articles of clothing to wear in the next week and iron them. ■ Prune, spray and fertilize all your houseplants; use a mini vac for all those dead leaves.
Feeling blue	■ Rent a carpet cleaner or floor polisher and shine things up. ■ Bake bread if you know how (try our terrific recipes on page 168); otherwise, make no-fail cookies or muffins from scratch. ■ Polish your silver or clean your jewelry. ■ Take your car to a car wash and vacuum the interior.
Tense/Anxious	■ Take everything out of your medicine cabinet and wipe down the shelves. ■ Get your glass cleaner and a cloth and shine every mirror in the house. ■ Make a giant pot of spaghetti sauce and put individual portions in sealed freezer bags. ■ Read through and sort old cards, letters and papers; tie them up with ribbons, find a box and make it your personal nostalgia chest.—LYNN PROWITT

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A night to remember

In the mood for love? Here's how to create a romantic—and sexy—evening

The kids are going to your sister's for the night, and you and your husband will be alone for the first time in ages. With just a dash of imagination and a few of our simple tips, you can inspire an enchanted evening that neither you—nor he—will soon forget.

■ Keep the world at bay
Unplug the phone, hide the alarm clock, stow those work reports in the desk drawer, says interior designer Bebe Winkler, owner of a New York design firm. And don't just turn off the TV—move it out of the room altogether.

■ Make good scents
Spray your favorite fragrance lightly around the room, or put a drop of it on a light bulb; the heat will diffuse the scent.

■ Say it with roses
Buy a big bouquet of buds and put them in a crystal vase by the bed.

■ Wear something sexy
What makes you look and feel sexy? For some women it's a lacy black teddy. For others, it's men's pajamas. If you feel you're looking good, no doubt he'll agree.

■ Indulge in naughty nibbles
Be a little decadent: Set out chocolate truffles, a dish of strawberries, a bottle of wine.

■ Treat your sweet
Give your man a little gift, suggests Winkler. It doesn't have to be extravagant—a small bottle of cologne, or a pair of silky boxer shorts you'll want to see him try on.

—SHANA ABORN

Keeping your cool in a social crisis

When George Bush collapsed during that now-infamous state dinner in Japan, the First Lady saved the evening. "She was really frightened for a moment," says her spokeswoman, Anna Perez, but when the President's color came back, "she knew he was okay. She made the decision not to leave the dinner." By keeping her poise, Barbara Bush prevented the crisis from becoming even worse.

Later, she used one of the best tension-easing techniques: humor. "It's the ambassador's fault," she said jokingly of the president's fainting spell. "He and George . . . played [doubles] tennis, and they were badly beaten. We Bushes aren't used to that."

You, too, can handle a public disaster with your dignity intact. Here, etiquette expert and former White House social secretary Letitia Baldrige explains how.

Stay calm Panicking will only make things worse.

Fix the problem quickly If someone is ill, attend to the person immediately. For less drastic situations, do whatever you can: Change the subject if an argument erupts; clean up a spill. If you've damaged someone's clothing or property, offer to have it cleaned, repaired or replaced.

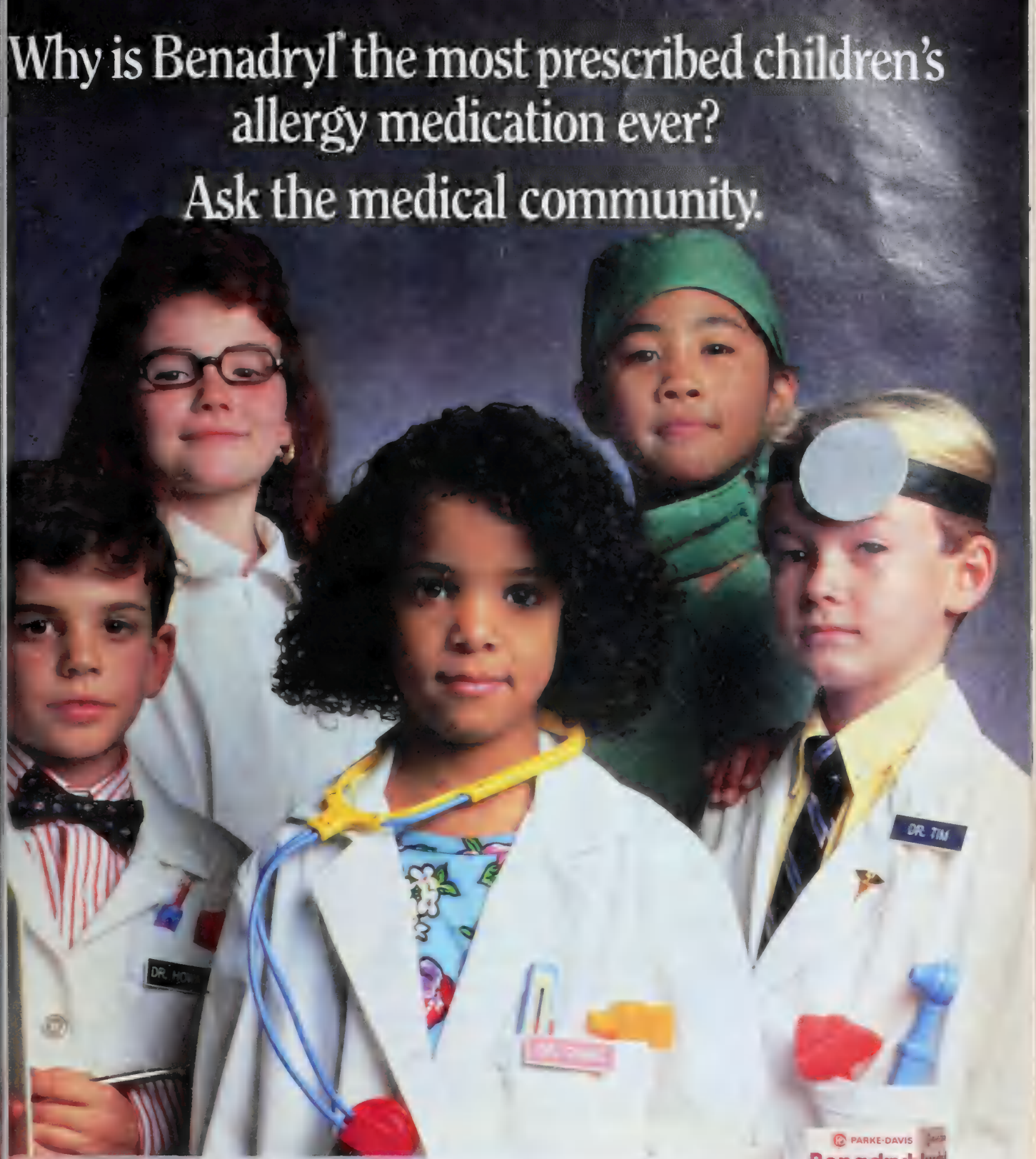
Make amends Don't ignore the situation—apologize immediately.

Don't dwell on it Move on to a new subject. Too many apologies will embarrass you—and your host—further. —S.A.



GRACE UNDER PRESSURE: WHEN HER HUSBAND FAINTED, BARBARA BUSH JUMPED UP TO COMFORT HIM, BUT NEVER LOST HER COOL

Why is Benadryl® the most prescribed children's allergy medication ever? Ask the medical community.



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Great Cherry Flavor!



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Tracking a killer

A new diagnostic technique may soon aid in earlier detection of ovarian cancer, one of the deadliest forms of the disease. Because they rarely cause serious symptoms, 70 percent of malignant ovarian tumors are not diagnosed until the illness has spread to other parts of the body.

The new technique—a type of ultrasound called endovaginal color flow Doppler imaging—is being tested as part of the Yale University School of Medicine Ovarian Cancer Screening Project. To perform the test, doctors use a vaginal probe that sends out sound waves, which are analyzed by computer and color-enhanced on a screen. The advantages: It's low cost and uses no radiation.

Thus far about one hundred eighty women at high risk because of family history, a mass detected during a pelvic exam, or other factors were examined using the technique. The researchers found seven malignant tumors, three of which were in the earliest stage, when cancer is most curable.

BY SALLY SQUIRES

Safe specs

If you automatically pass by the rack of reading glasses in your drugstore because you think they're worthless, take another look. According to a recent assessment by the American Academy of Ophthalmology, ready-to-wear reading glasses—which cost around $20—are safe and effective in dealing with presbyopia, the loss of focusing ability that develops in almost all people over forty. Over-the-counter glasses, priced at about one fifth the average cost of a prescription pair, may not be as fashion-forward, but they'll still make reading a lot easier.



To find the right pair, bring along some reading material and hold it at a comfortable distance. Starting with the weakest magnification, work your way up to a strength that feels comfortable. If reading glasses don't improve your vision, or if your eyesight deteriorates rapidly at any time, check with an eye doctor to rule out other conditions. Regular eye exams are important for those at high risk for glaucoma—African-Americans over forty and others over sixty.

The sex chemical

Researchers at the University of California at Los Angeles have discovered a potential cause of impotence, a condition that afflicts about ten million to fifteen million American men. By testing samples from the penile tissue of twenty-one impotent men, doctors determined that the naturally occurring chemical nitric oxide plays a key role in attaining a lasting erection. The chemical causes the muscles of the penis to relax. Blood vessels are thus allowed to widen and fill with blood, which stiffens the penis.

Most impotent men have an inability to maintain the level of blood in the penis necessary to hold an erection, says Jacob Rajfer, M.D., a professor of urology at the Clark Urology Center at UCLA School of Medicine, who directed the study. "It could be a problem with either the production, release or action of nitric oxide," he explains.

The researchers' next goal, then, is to determine the precise role played by the chemical. This could lead to treatments such as an injection or patch to boost nitric oxide levels. These therapies would be safer, easier, or produce fewer side effects than the implants and injections now available to treat impotence.

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WOMEN'S HEALTH NEWS

Monistat® 7 is available without a prescription.

Over 12 million women will suffer from the effects of vaginal yeast infections this year. If you're one of them, you can take some comfort in knowing you're not alone.

No woman is immune nor can any woman predict how or if she'll ever get a yeast infection. But the statistics aren't encouraging: 75% of all women will get at least one yeast infection in their lifetime.

THE YOGURT REMEDY AND TIGHT JEANS MYTH

There are popular myths about yeast infections that have been passed down from generation to generation.

For example, some people believe eating yogurt or drinking cranberry juice or wearing loose jeans will guard against a yeast infection.

But the best advice if you get a feminine yeast infection is to look for a cure, not something that simply relieves symptoms.

WHEN TO SEE YOUR DOCTOR

The best approach to follow should symptoms present themselves is to call your doctor if you're a first-time sufferer. After a physical exam, your physician will probably recommend an antifungal cure.

TRUST THE CURE YOU KNOW

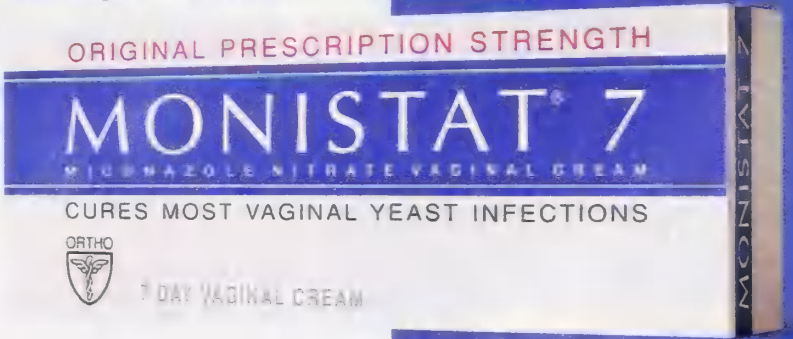
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"A yeast infection almost ruined my vacation."

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"My husband and I hadn't taken a vacation in years, so we went to the lake and wouldn't you know it, I got one of my yeast infections. I was frantic until I remembered I could buy Monistat 7 over the counter. It cured my yeast infection and saved my vacation."



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—M.D.B.



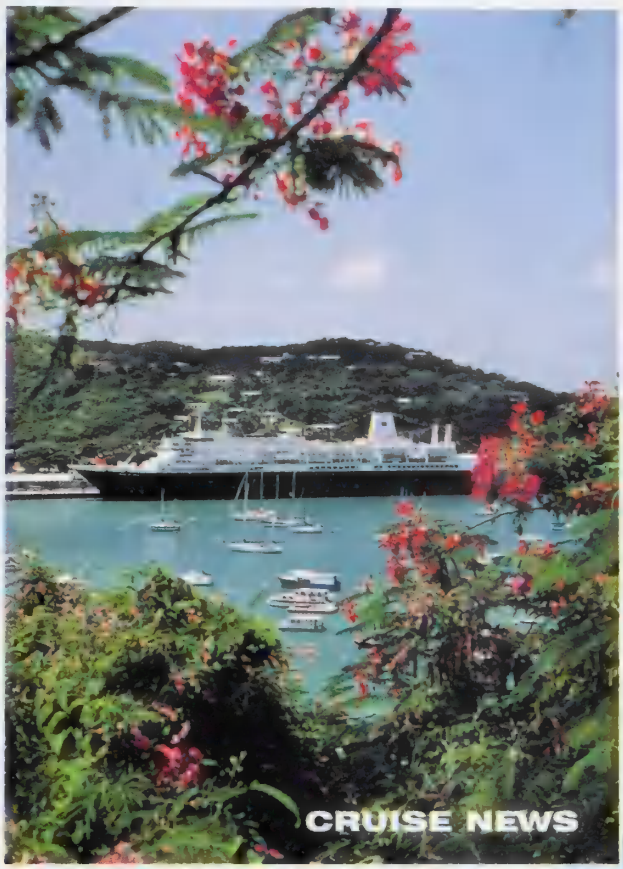
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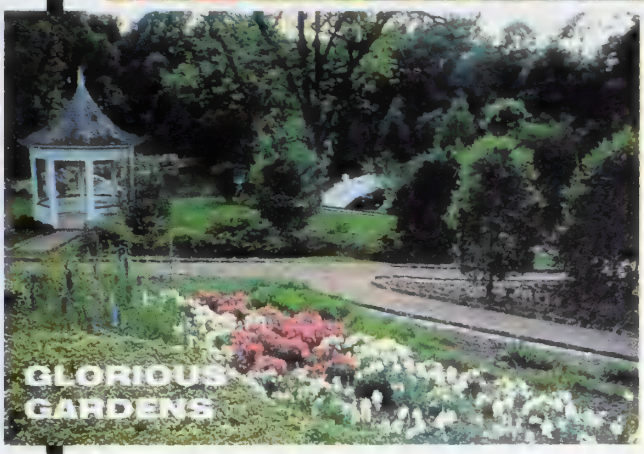
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AMERICA'S BEST BEACHES

From California to Massachusetts, our country boasts some of the world's most beautiful shorelines. Below, a few of our favorites. By Deborah Gaines

POINT LOBOS, CALIFORNIA

Robert Louis Stevenson called this spot "the most beautiful meeting of land and sea on earth," and you'll see why instantly. A thirteen-hundred-acre nature preserve just south of Carmel, Point Lobos has some of the world's most dramatic scenery. Sun worshipers should head straight for Weston Beach and Whaler's Cove—two sandy and slightly windy beaches. You'll also want to explore the hidden coves inhabited by sea lions and harbor seals, and the rocky cliffs, with their wind-twisted cypress trees.

Nearby Carmel has its own sparkling white beach, where you can surf as well as sunbathe. Another highlight is the wonderful shopping along Ocean Avenue. Antiques, clothing, art, and jewelry by local artists are the specialties here; quality is high, with prices to match. For more information on the area, contact the Carmel Tourist Information Office at 408-624-1711; they also have a free room-finder service.

MIAMI BEACH, FLORIDA

Tacky, you say? You haven't been here lately. Thanks to a combination of city and private funding, the South Beach has been revitalized in the Art Deco style of the thirties and forties. Chic restaurants, nightclubs and cafés line Ocean Drive, next to restored hotels painted canary pink and aqua.

According to those in the know, the area's best beach is at Lummus Park, located between Sixth and Fourteenth streets, which is as wide as a football field is long. Here the white sand is dotted with colorful umbrellas and kids flying kites; the water is calm, warm, and wonderful year-round. Across the street, sidewalk cafés like the Palace and the News Café are perfect places to sip cool drinks after a day in the sun. For more information, call the Greater Miami Convention and Visitors Bureau, 800-283-2707.





Far left: A picturesque view of the lighthouse on Michigan's South Manitou Island. Left: Miami's South Beach, dotted with palm trees

MARTHA'S VINEYARD, MASSACHUSETTS

Located a few miles off the Massachusetts coast, this island distills all the charm of New England into a small ten-by-twenty-mile area. The best dining, entertainment and nightlife can be found in Edgartown, once a bastion of whaling captains, whose historic mansions line North Water Street. For the quiet life, head up-island to Menemsha, a working fishermen's village, or down to Vineyard Haven, the main port for the island. At both these places you will find modest fishermen's homes and quaint country inns.

The beaches on Martha's Vineyard are some of the prettiest anywhere: Favorites include South Beach, just two miles from Edgartown (regular shuttle buses run during the season), and the Joseph Sylvia State Beach, along the road from Edgartown to Oak Bluffs.

Couples interested in a romantic weekend should visit the Captain Dexter House Inns, in Edgartown or Vineyard Haven (both are closed in winter). These elegant hostelries are furnished with gorgeous eighteenth-century antiques; many of the rooms have canopied beds and fireplaces. Doubles range from $100 to $190, including a delicious homemade breakfast. For reservations, call 508-627-7289. For more information, call the Martha's Vineyard Chamber of Commerce, 508-693-0085.

EASTERN SHORE, LAKE MICHIGAN

Stretching for three hundred seventy-five miles, the eastern shore of Lake Michigan is a paradise for sports lovers. Your best base for seeing the region is Traverse City—also known as the cherry capital of the world, since over half the world's sweet and tart cherries are grown here. An exciting time to visit is the first week of July, when there's a gigantic cherry festival, featuring parades, fireworks and boat races. For more details, call the Grand Traverse Area Convention and Visitors' Bureau at 800-872-8377 or 616-947-1120.

The center for swimming, boating, and diving activities is Grand Traverse Bay, which is lined with public beaches: To the north, the mammoth sand dunes of Sleeping Bear Dunes National Lakeshore are constantly being reshaped by the wind—with incredible results. You can take a ferry from the Lakeshore to the Manitou islands, which have some of the area's best camping and hiking. For more information, call the West Michigan Tourist Association, 616-456-8557. ▶

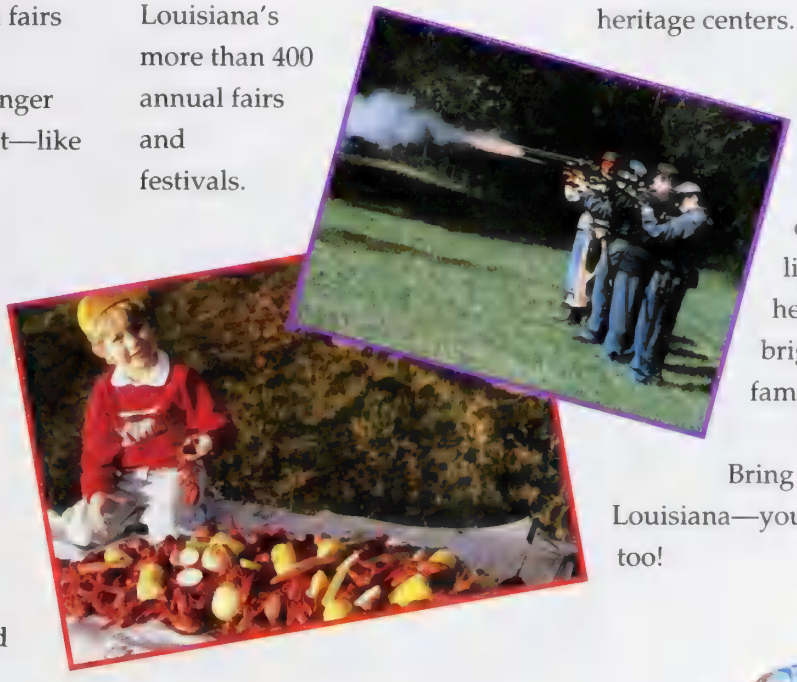
LOUISIANA SUMMER for KIDS



Louisiana and kids go together like summer and fun! Our bright, bold cultures, rich heritage and colorful fairs and festivals make us a natural with the younger set and the young at heart—like you and your kids!

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You'll love our many special attractions like the *Aquarium of the Americas*, the *Audubon Zoo*, the *U.S.S. Kidd*, *Jean Lafitte National Historical Park and Preserve*, *Fort St. Jean Baptiste* and *Poverty Point* as well as our numerous museums and heritage centers.

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SUMMER IN THE CITY

Across the United States, cities offer fast-paced family fun, often at bargain prices. Here are a few sizzling spots. By Candyce Stapen

SANTA FE

Summer not only brings mild weather to this high mountain desert, but also a multitude of exciting family activities that reveal Native American lore and Spanish history.

Stroll through the Plaza area, with its galleries and shops selling pottery, T-shirts, corn necklaces—great souvenirs at three for $5—and fine Native American jewelry. Kids love bargaining for the beads, as well as the turquoise and silver bracelets. Browse the special Southwestern crafts at the Indian market, August 17 and 18.



For participatory activities that reveal Santa Fe's culture and legends, book a day with Southwest Adventures Group's special kids' program. At workshops led by local artists, your kids create kachina dolls, or learn Navajo sandpainting. The kids-only tour of Indian cliff dwellings comes complete with permission to climb into these ancient Anasazi homes. During the family rafting trip on the Rio Grande, a storyteller entrances you with Native American legends before you tie up for a taco lunch at a pueblo under a shady cottonwood tree.

For more travel information, contact the Santa Fe Convention and Visitors' Bureau at 800-777-2489 or 505-984-6760.

WASHINGTON, D.C.

There's nothing quite like the Fourth of July in the nation's capital. Daylong festivities feature the D.C. Free Jazz Festival, on Pennsylvania Avenue's Freedom Plaza. Top national artists add sass to the nation's party. It all ends with a spectacular fireworks display on the Mall.

And there's more summer dazzle. Festivals bring ethnic music, crafts and food to the streets. In July, both the Latin American and the Caribbean festivals add theater and the steamy beat of Latino, reggae and calypso.

Left: A cable car climbing San Francisco's Russian Hill, with Alcatraz in the background. Below, St. Louis's Gateway Arch



Introduce your kids to modern art at the East Wing of the National Gallery. Next, stop by the National Air and Space Museum to walk through real rocket ships. Show your kids the Declaration of Independence at the National Archives and tour the White House and the Capitol.

Then head for Rock Creek Park, part of which is closed to traffic on weekends. Join the families who bicycle and roller-skate along the stretch that hugs the creek.

For more information, contact the D.C. Convention and Visitors Bureau at 202-789-7000.

ST. LOUIS

Along the banks of the mighty Mississippi, St. Louis, the gateway to the West, offers families a host of wonderful city sights, and summer lends you the time to explore them. For a bird's-eye view, ride the tram to the top of the Gateway Arch, this city's symbol, which curves across the skyline. Another exciting way to see the city is a lunch or dinner cruise on a paddle-wheel riverboat.

Minutes from the riverfront, you'll find the sprawling fourteen-hundred-acre Forest Park. Site of the famed 1904 World's Fair, this park features museums and a terrific zoo. The Science Center, with hand-on exhibits, is a favorite with children.

While in Forest Park, take time for a game of tennis or golf, or simply play tag at a family picnic and enjoy the great outdoors.

For more information, contact the St. Louis Convention and Visitors Commission at 800-325-7962 or 314-421-1023.

SAN FRANCISCO

When the East Coast swelters with summer humidity, San Francisco beckons with great walking weather: 65°F. to 75°F., with balmy breezes. This manageable city boasts bay cruises, outings to Alcatraz and great browsing all the way from Ghirardelli Square—with its crafts and art galleries—to Fisherman's Wharf.

And no kid ever complained about jumping on a cable car to ride the city's famed hills. Wind along the narrow alleys of Chinatown, listening to the dialects and looking at the roast ducks hung in windows. Kids love to poke through the sidewalk toy bins for inexpensive fans and wooden snakes.

Another great idea: Take your kids to the Exploratorium in the Palace of Fine Arts for hands-on fun. Blow your own giant bubble, spin a tornado from a dust cloud and crawl through the darkened tactile dome (reservations necessary).

For more information, contact the San Francisco Visitor Information Center at 415-391-2000.

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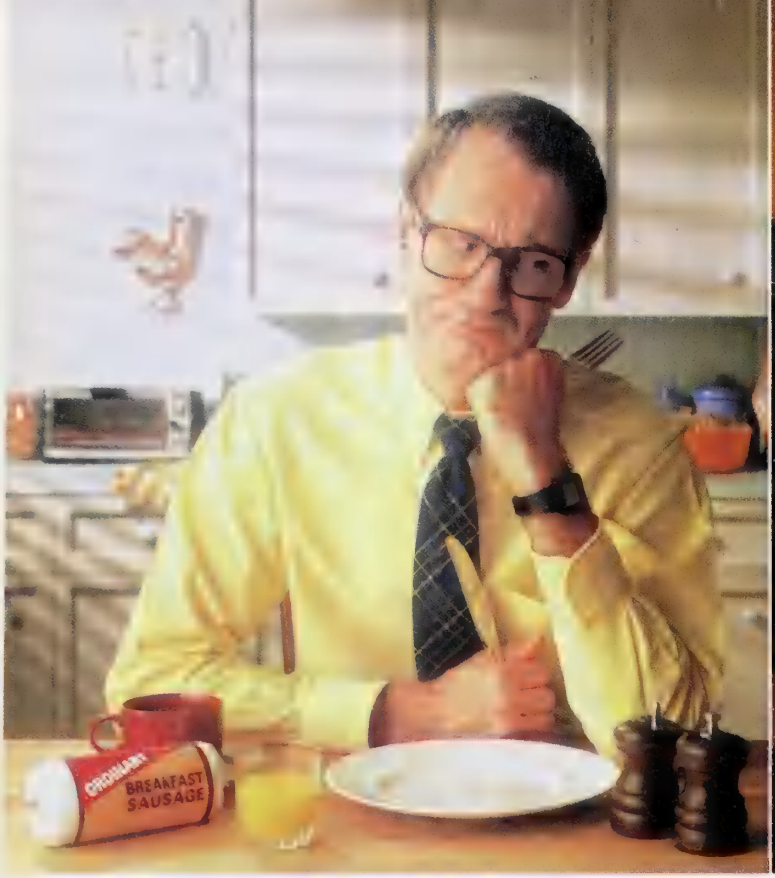
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CRUISE NEWS

If the word cruise conjures up visions of heavy meals and endless shuffleboard games, you haven't been on one lately! By Deborah Gaines

Since there are so many cruise options to choose from, it's important that you do your homework before booking a trip.

Cruise length Cruises can be as short as a single night or as long as several weeks. The first time out, you might want to test the waters with a three- or four-night itinerary.

Accommodations Your travel agent can go over the choices with you—the determining factors are cabin size, location within the ship and amenities.

Cuisine Many ships have low-calorie offerings at every meal—it's even possible to *lose* weight. On the other hand, if five desserts a day is your idea of a good time, a cruise will not disappoint you. If you have a special preference (low-salt diet, Italian food), ask your agent to help find a cruise that offers it.

Destinations Although climate and sights vary widely, actual ports of call are less important than you might think. Depending on the length of your cruise, you may only have a few hours in each place, so don't expect to see everything. Instead, choose destinations that sound interesting, and be prepared to go back for a longer visit.

Advance booking It pays to book as early as possible. Advance booking gives you greater flexibility, a wider choice of rooms and, in many cases, an early-booking discount.

It's also a good idea to book through a travel agent. Over 90 percent of cruises are reserved through agents, and with good reason: It doesn't cost anything (the cruise line pays the commission), and a good agent will advise you on the best ship for your personality and budget. Plus, travel agents hear from other clients if a ship doesn't measure up, so they can steer you away from it.

Here are some exciting cruise offerings for 1992.

Fantasy Super Ship Carnival Cruise Lines has introduced the first in a new generation of futuristic super ships, the *Fantasy*. Billed as "seventy thousand tons of fun," it features a six-story atrium that slowly changes color, with the help of computer-controlled dimmers, as well as the largest health spa on the high seas and more than one thousand cabins, from standard doubles to suites with private balconies.

The *Fantasy* sails twice weekly from Miami on three- or four-day cruises to the Bahamas. Fares range from $459 to $1,319 per person, double occupancy, including round-trip airfare from 150 U.S. cities.

Epicurean Delights Cunard's *Sea Goddess I*, a small (fifty-eight cabins), super-luxurious ship with the feel of a private yacht, offers Caribbean cruises with one of America's ten best new chefs, as chosen by the editors of *Food & Wine* magazine. Each voyage features a different chef, who prepares two dinners and shares his or her skills at an informal cooking demonstration. The meals are complemented by wines from the finest vineyards in the United States and Europe, personally selected by the vintners. Fares begin at $4,500 for the one-week cruise, per person, double occupancy. Prices include round-trip airfare from U.S. gateway cities. Cunard also offers cruises in Europe and Asia.



Cruising is a relaxing, luxurious way to get away from it all. At left, Cunard's *Sea Goddess* is like a private yacht

Especially for kids With their soothing pastel interiors and spacious, elegant rooms, Chandris's Celebrity line's *Horizon* and *Meridian* are ideal places to unwind. And both ships offer special facilities for children, ranging from playrooms and children's pools to separate disco dances for teenagers—so the kids can enjoy the cruising lifestyle as much as you do.

The *Horizon* departs from San Juan every Saturday, calling at Martinique, Barbados, St. Lucia, Antigua and St. Thomas. Rates range from $1,195 to $3,075 per person, double occupancy, for the one-week cruise, including airfare from most U.S. cities. The *Meridian* leaves Fort Lauderdale on Sundays for a one-week cruise to San Juan, St. Thomas, St. Maarten and Nassau or to Playa del Carmin, Cozumel, Grand Cayman, Montego Bay and Nassau; fares range from $1,095 to $2,945. On both ships, children under twelve can share a cabin with parents for $695, while kids under two cruise free.

Relive the Big-Band Era Remember when dancing meant dips and twirls, holding your partner close and enjoying a moonlight serenade? You can spend your evenings swinging and swaying to music from the Big-Band era on the *Mississippi Queen*, a luxurious riverboat that leaves from New Orleans for a variety of three- to seven-night cruises on the mighty Mississippi.

Billed as the world's largest steamboat, the *Mississippi Queen* is the last word in period luxury, with Victorian furnishings, a white-wicker Grand Saloon and lavish rooms named for states, river towns and Civil War battles. (She also features modern-day amenities like a pool, gym and sauna.) Fares range from $490 to $1,680 per person for three-night cruises, $1,080 to $3,920 for seven nights. ▶



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GLORIOUS GARDENS

There's no finer way to get a heady dose of beauty and ideas for your own backyard. By Everett Potter

CALIFORNIA: MOORTEN BOTANICAL GARDEN

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Belmont, a National Historic Landmark in Falmouth, is part of Virginia's Garden Week tour

FLORIDA: VIZCAYA MUSEUM AND GARDENS

The Vizcaya Museum is a private Italian Renaissance palace. The house is extraordinary, but even more spectacular are the surrounding ten acres of sculpted formal Italian gardens that overlook Biscayne B Modeled after gardens in villas near F rence and especially after the garden Villa Corsini in Rome, they are the ep me of the high Renaissance. There i central axis, with symmetrical be shaped grass plots, topiary and parter The real magic, of course, is the mix tropical and subtropical plants surrou ed by pools, fountains and waterfa 3251 South Miami Avenue, Miami, 33129; 305-579-2708. Admission: adult, $4 children six to eighteen. Hou nine-thirty A.M. to five-thirty P.M. daily

ILLINOIS: GARFIELD PARK CONSERVATORY

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TEXAS: FORT WORTH BOTANICAL GARDEN

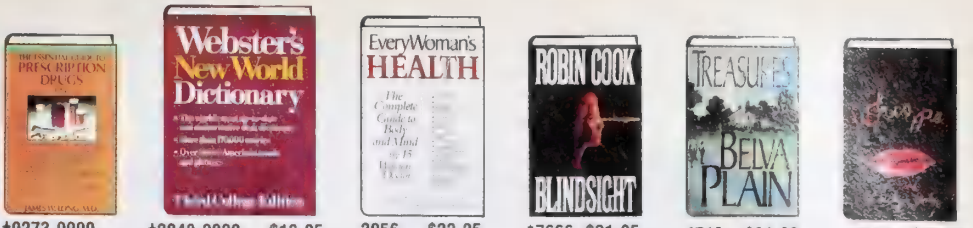
One-hundred-fourteen-acre gard boast one hundred fifty thousand pla from more than twenty-five hund species. Visitors will find a Display G den, a Perennial Garden, and a Rose G den with over four thousand rosebus But the highlight of any visit her the Japanese Garden, which has an thentic teahouse and centerpiece a will transport you to the Orient i flash. I-30 and University, 3220 Bota Garden Boulevard, Fort Worth, 76107; 817-870-7686. Hours: eight A to sundown daily. Admission: $1 we days, $1.50 weekends.

VIRGINIA: HISTORIC GARDEN WEEK.

Held yearly the last week in April (t year it's April 18 to 26), throughout state, Historic Garden Week is the old largest and certainly the most ambiti statewide garden show in the coun Since 1929, residents and visitors h been able to enjoy the gardens of priv homes and public institutions dur their exuberant spring blooms. Am the highlights are Thomas Jefferso gardens at the University of Virginia at Monticello, where a plant shop all you to take home some of the varie you'll see in the garden. Historic Gar Week, 12 East Franklin Street, Ri mond, VA 23219; 804-644-7776. Adn sion: ranges from $5 to $15. For a cop *Historic Garden Week in Virginia*, send for postage to Historic Garden Week.

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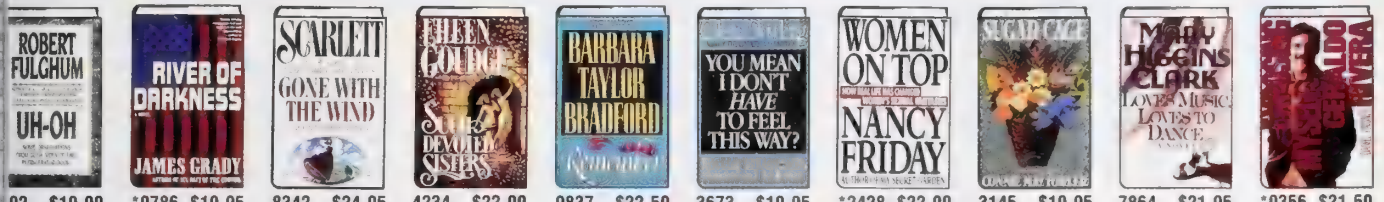


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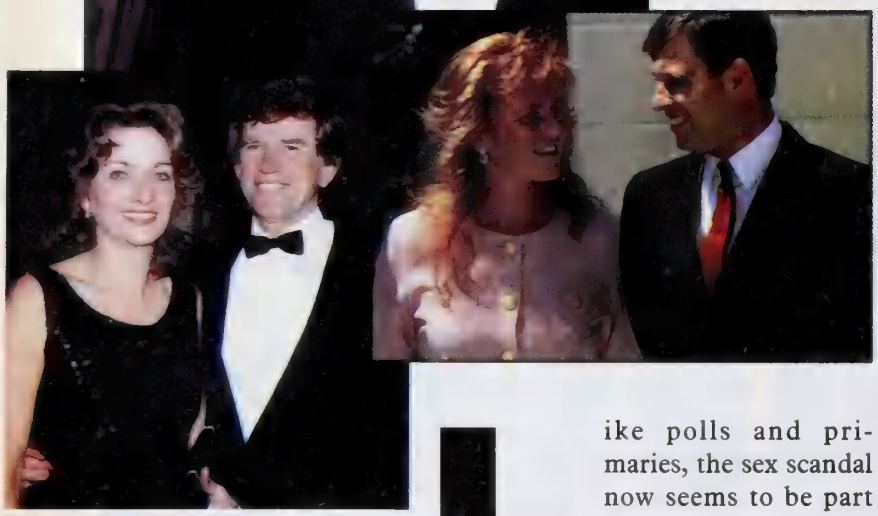
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CAN THESE MARRIAGES BE SAVED? HILLARY AND BILL CLINTON (TOP); LEE AND GARY HART (ABOVE, LEFT); FERGIE AND ANDREW

It's tough enough to deal with suspicions that your spouse is cheating on you. What happens when you have to confront the rumors with the whole world watching?

Public affairs

BY ANDREA GROSS

Like polls and primaries, the sex scandal now seems to be part of election-year ritual. A married presidential candidate is accused of kissing someone other than babies; he denies all on national TV, with his wife standing sturdily by. In 1987, the alleged extramarital triangle included Gary Hart, his wife, Lee, and aspiring actress Donna Rice; this year, as we all know, it's Bill and Hillary Clinton and aspiring singer Gennifer Flowers. And once again, the couple keep trying to avoid this particular scrutiny. "There isn't a person watching this who would feel comfortable sitting on this couch detailing everything that ever went on in their life or their marriage," Hillary declared when the Clintons appeared on a post–Super Bowl edition of *60 Minutes*. "I think it's real dangerous in this country if we don't have some zone of privacy."

But rightly or wrongly, there is less and less privacy for public figures who are accused of adultery. On a lofty level, some journalists argue that the issue of character makes a politician's sexual indiscretions relevant; others simply admit that they're catering to our growing appetite for gossip. And not only American politicians are fair game. The public regularly devours rumors about the dalliances of Prince Charles and Princess Diana. Now their relatives, Prince Andrew and his wife, the former Sarah Ferguson, seem to be targeted, too. Not long ago, stories surfaced about Fergie's trip to Morocco with Texas tycoon Steve Wyatt while Andrew stayed at home. (Snapshots taken at the time reportedly demonstrated nothing more than friendship, but the episode still damaged the couple's aura of connubial bliss.)

The spotlight can shine on commoners as well; the then-troubled marriage of ABC anchorman Peter Jennings and his wife, author Kati Marton, became front-page fodder a few years back. And then, of course, there's Jim and Tammy, Donald and Ivana, and countless Hollywood duos. "Those who live by publicity often die by publicity," says Charles Figley, Ph.D., director of the marriage and family center at Florida State University.

Do famous folks stray more than ordinary citizens? Well, surveys seem to show that infidelity is not so unusual among the general populace: Thirty-seven percent of married men and 29 percent of married women have at least one affair during their lifetime, according to *(continued)*

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2.All eligible recipes will be judged on the basis of originality (10%), taste (40%), appearance (20%) and ease of preparation (30%). Judging will be done by a qualified panel of chefs, food editors and/or home economists selected by The Hearst Corp. from the staff of the Good Housekeeping Institute.The decisions of the panel are final. In the event of a tie, entries will be judged on the basis of ease of preparation. Winners will be notified by mail by November 30, 1992 and must sign an Affidavit of Eligibility within 14 days of receipt or alternate winner(s) will be selected. All recipes become the property of Kraft General Foods, Inc. (KGF), and will not be returned. KGF reserves the right to publish the submitted recipes in any manner and at its sole discretion in all advertising materials, including, but not limited to print, radio, TV and trade materials. KGF reserves the right to modify or alter any recipe title or recipe prior to release.

3. Prizes: (1) Grand Prize is a 3-day/2-night trip for two to San Francisco, which includes round-trip coach air transportation, hotel accommodations, dinner at a top restaurant, and spending money of $500. Trip must be taken by November 30, 1993. Dates of travel subject to availability. Certain blackout dates may apply. (ARV: $2,500.) (1) Second prize is a food processor (ARV: $200), and (25) Third prize winners will receive a Better Homes and Gardens Cookbook (ARV: $19.95 each). Grand prize winner and travel companion must sign liability release. Sponsors shall not be liable for damages associated with acceptance, travel, or use of grand prize. No prize substitutions, except at sponsor's option, a prize of equal or greater value due to unavailability.

4. Contest is open to all residents, 18 years and older, of the USA, its territories and APO/FPO addresses except employees of Kraft General Foods, Inc., Hachette Magazine Inc., The Hearst Corporation, The Meredith Corporation, their subsidiaries, affiliates, and advertising agencies, chefs, food editors, professional home economists, and their immediate families. By entering the contest, winners consent to the use of their names and/or likenesses without additional compensation for publicity/commercial purposes. Subject to all applicable state, federal, and local regulations. Void where prohibited, taxed, or restricted by law. All federal, state, and local taxes are the responsibility of the winner. For names of prize winners, send a self- addressed stamped envelope by December 31, 1992 to the address provided in paragraph 1.

PUBLIC AFFAIRS

continued

the Kinsey Institute for Research in Sex, Gender and Reproduction. Some suspect the figures are higher for political couples. Susan Estrich, former campaign manager for Michael Dukakis—who was famed for his own devotion to his wife—reports that one top political consultant estimated that only 10 percent of his clients remained faithful during a campaign.

Certainly, opportunity abounds for someone on a campaign trail or movie shoot who spends a lot of nights apart from a spouse—with plenty of hangers-on around. What's more, say some experts, celebs are especially likely to fall for easy adoration. "Having an affair is a way of getting affirmation from passing strangers," says psychiatrist Frank Pittman, M.D., author of *Private Lies: Infidelity and the Betrayal of Intimacy* (Norton, 1989). He theorizes that a thirst for this kind of approval is what sent some politicos, actors or televangelists into these fields in the first place. Emily M. Brown, director of the Key Bridge Therapy and Mediation Center, in Arlington, Virginia, takes the theory one step further. "If you feel empty inside, there's a number of ways of filling that," says Brown, whose center, near Washington, D.C., has counseled many prominent couples. "One way is through affairs, another is through the admiration you get from politics or from being a star in some other way."

But if playing around is easier for newsmakers than for mere mortals, they often pay an extra price. Once the disclosure detonates, they may find it extremely difficult to work things out. The woman who has broken off an affair with her tennis pro can always stay away from the country-club crowd if she wants to avoid snickers. But those who are pursued by Geraldo—or who become an opening-monologue joke for Arsenio or Jay—find it a lot tougher to hide. "Discovering infidelity is no harder for people in the public eye than for ordinary people, but having the world judge you *makes* it much harder," says Brown. Adds San Francisco psychologist Lonnie Barbach, Ph.D.: "Public people are constantly onstage. They can't even have a decent fight without people writing about it. That creates lots of stress."

Perhaps the most expert—and succinct—testimony to the difficulty of dealing publicly with such matters comes from Lee Hart. "It was hell," she once recalled. Especially difficult was the way the scandal swirled around the two Hart children, then twenty-two and twenty-one. "No single individual, no group of individuals, can ever hurt or cause such pain to this family again," she declared.

Sometimes, though, the pain can bring distant spouses closer—especially if they have enough time to rebuild the relatic ship. That seems to be the case with t Harts. The former Democratic senat and presidential contender from Colora now practices law in Denver, and he a his wife have built a new home on o hundred acres of wilderness. The m riage, associates say, is in "exceller shape these days. Peter Jennings and K Marton—who separated in 1987 after s eral publications reported that she w having an affair with another journalist also appear to have revitalized their re tionship. And so, claim the Clintons, ha they, after a few rocky years. "We're lik lot of couples in America right nov Hillary told one interviewer. "We've tr to keep our marriage together."

Attorney Hillary Rodham met B Clinton at Yale Law School and marr him in 1975; they have one daught Chelsea, age twelve. During his twel years as the governor of Arkansas, tales his roving eye were often whispered. such situations, contends Figley, hea lines can actually help. "I think this c troversy has not only brought the together, but has made them fight maintain their relationship in order show people they had nothing to hide. sort of galvanizing their relationship a making it stronger."

Still, reunited fronts can crumb quickly if underlying problems aren't dressed. "The couple may just blame media for their problems and push c more thing under the rug," says marria therapist Brown. "Pretty soon, the cou is tripping over the lumps." Agre Pittman: "Media speculation can be v helpful. What destroys marriages is lyi dishonesty and sneaking around. If media makes people honest, then they forced to deal with whatever the reality i

Given enough forthrightness and lo marriages can recover from the most s sational public scandals. That's what Brzeczek and her husband, Richard, d covered. He was the Chicago superint dent of police in 1983 when he announc he was running for state's attorney Illinois. The next day, he told Liz abo his affair with a flight attendant. S stuck by him during the campaign, b the day after his defeat, she filed for vorce. That's when the story broke. T two eventually reconciled, Liz says, af "we canceled the newspapers and turn off the TV." They wrote a book togeth *Addicted to Adultery* (Bantam, 1989), a founded a support group, We Saved C Marriage, to help other couples. "Duri the bad times, it's downright awful," s says, "but when it gets back on track is better than it was before the affai That, of course, could be said for many dinary couples who eventually mend th marriages. Perhaps when it comes to f giving adultery, then, the rich and famo are *not* so different.



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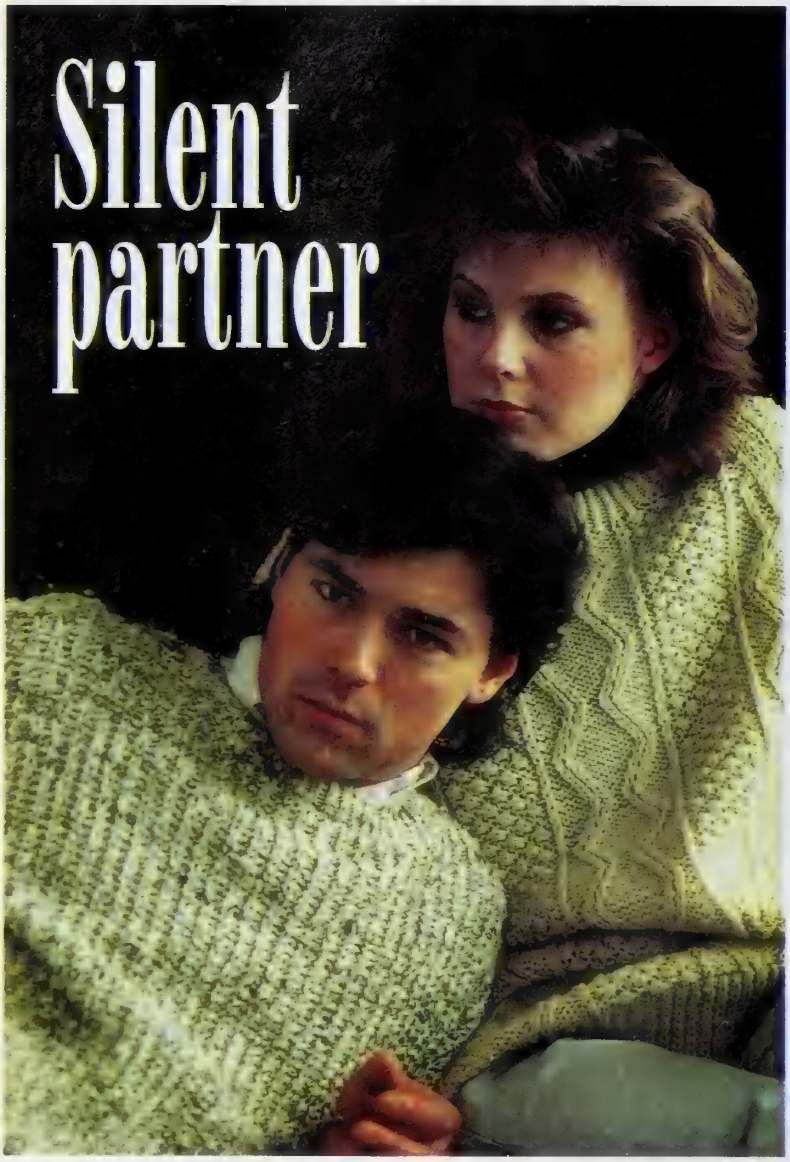
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Silent partner



He never says what's on his mind, and he doesn't give you the intimacy you need. Here's a step-by-step plan to get your husband to open up

BY RYAN VOLLMER

Janet Carpenter*, a thirty-two-year-old Houston advertising executive, rushed home from work, bursting with news. She found her husband, Tom, an attorney, sitting in the backyard, reading the paper. "I'd just gotten a big promotion and was dying to tell him all about it, but as usual he didn't want to talk—or listen," says Janet. "I think he smiled and said congratulations. Then he walked into the house to get a drink while I was still talking. I couldn't believe it!"

When Janet followed Tom into the kitchen to finish the conversation, he paid no attention. So instead, she called her best friend, Carol—and *they* talked about Janet's new job for over an hour. Later that night, after the kids were in bed and Janet had a moment to herself, she started to wonder for the umpteenth time why she and Tom never talk. "Why didn't he want to know more about my promotion?" she asks. "I know he cares—he brags about me to our friends. I've asked him if anything's wrong, if it's me, and he always says 'no, everything's fine.' But it's *not* fine."

In fact, Tom's silence has grown worse over the course of their eight-year marriage, and is now seriously affecting their relationship—and their sex life. Says Janet, "When he ignores me all night, then comes to bed and wants to make love, I don't feel passionate, I feel hurt, angry and confused."

Janet has plenty of company. Therapists across the country say that the silent treatment is one of the most frequent complaints they hear from wives, and that it may affect 50 to 70 percent of all marriages. "Women are absolutely explosive about this," says Carla Wills-Brandon, M.A., a Houston psychotherapist and author who works with her husband, Michael Brandon, Ph.D., a clinical psychologist. "The number-one *(continued)*

*Names have been changed to protect privacy.

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SILENT PARTNER
continued

thing I hear is 'my husband won't talk or listen to me.' He talks to his friends and co-workers but not to his wife."

For some couples, the problem can become severe. "The main reason I left my first husband was because he never talked," says Kelly Archer*, thirty-eight, a homemaker in Sarasota, Florida. "He refused to admit anything was wrong. He said, 'That's how I am; my father was that way and his father, too.' "

Instead of resorting to such a drastic step as divorce, however, many husbands and wives are now choosing to work through their communication difficulties. "In the past the man said, 'That's just how I am,' and the woman felt powerless to change things," says Renee A. Cohen, Ph.D., a clinical psychologist in West Los Angeles. "There's been a great step forward by men to become more involved with the communication process."

At the same time, women now believe that they deserve more from their husbands. "Women realize that they are entitled to more parity in the relationship, and they want better communication," says Sara Rosensweig, C.S.W., B.C.D., a marriage and family therapist in Hicksville, New York. "Marital expectations have changed."

SAME WORDS, DIFFERENT LANGUAGE

As many wives will attest, most men aren't so silent when they're first married. "The way men and women develop over time in a relationship is different," says Deborah Tannen, Ph.D., a sociolinguist at Georgetown University, whose book about male-female communication snafus, *You Just Don't Understand* (Ballantine, 1991), remains a best-seller. "In the beginning, the man will talk more to win her over, then once she's accepted him, conversation tapers off. Women are the exact opposite. They talk more once they're comfortable with a man."

According to Rosensweig and other therapists, "The most common reasons men give for not talking are: I never have time, she's too busy with the kids, she doesn't understand my point of view, I'll only get shot down, so why talk." Meanwhile, women are saying: "He's the silent type, he talks to everyone but me, I never know what he's thinking, he won't let me in on his thoughts."

What are the real reasons so many men are so taciturn? Obviously, a man's upbringing has a lot to do with it. A boy raised by either highly critical or quiet parents can grow up to be a nontalker, although even a man with seemingly well-adjusted parents can grow up to be a silent spouse. "From very early on, boys are taught that sharing feelings is conside feminine and weak and not relevant productive," says Robert Leahy, Ph. director of the American Institute Cognitive Therapy, in New York C "They aren't encouraged to be openly pressive the way girls are."

Conversely, "girls are encouraged be nice to each other and care about o ers' feelings," says Jacqueline Sac Ph.D., professor of communication ences and psychology at the University Connecticut, in Storrs.

In a 1987 study of preschool childre play, Sachs observed that "when girls t often they try to draw other children i the conversation by turning a statem into a question the listener can resp to, such as 'I'll be the doctor, won't I?' "

Boys are different, says Sachs. "They taught to be tough and stand up for the selves. In conversation, they tend to more direct and say, 'I'll be the doct and you'll be the patient,' " thus elimin ing the opportunity for discussion.

The way we talk doesn't change v much once we grow up. "To wom talk is for interaction," says Tann "Telling things is a way to show invol ment, and listening is a way to show terest and caring. To men, talk is of for information. They use talk to ass themselves and establish their positi in society."



MMON COMMUNICATION EAKDOWNS

ically, conversational problems be- en the sexes fall into one of these cate- ies (see if you recognize yourself and r husband):

won't talk about his feelings or prob- s. When Sam Walker*, a forty-year-old fessor in Ohio, lost his mother to can- he went into a deep de- ssion that lasted for almost ear. Unable to express his ings, he withdrew from wife, Leslie, a forty-year- librarian. Sam had never n very talkative during ir twenty-year marriage, this time, his silence was ruciating.

Sam and his mother were y close, so I expected him nourn," says Leslie. "But ause he wouldn't talk ut it and he acted so dis- t, I started to think that be his mother had said something to et him before she died, or that I had ie something—or that he wanted to e me. I didn't know what to do."

Even after Sam's depression lifted, he l couldn't talk about his mother's th—and the way he'd withdrawn. "I h he could be more open about it, but very scary for him to talk about his feelings," says Leslie.

Sam's reaction is typical, says psychologist Michael Brandon. "We [men] have been taught that when we have problems, it's not okay to ask for help, so we withdraw and pull into ourselves, thinking we have the resources to deal with it," he explains.

Men may also be reluctant to discuss how they feel because they honestly don't know. "For generations, men have gotten the message that it's not okay to have emotions," says Wills-Brandon. "Now all of a sudden they're told, 'Okay, you have permission to feel,' and they don't know how. It's like learning how to walk for the first time."

"When John comes home, he plants himself in front of the tube and goes 'huh?' when I ask him something."

When I talk he tunes me out. When Janet Carpenter arrived home all excited about her promotion, she wanted to tell her husband, Tom, about the people she'd be working with, where her new office was, and so on.

This type of freewheeling conversation often triggers a tuning-out mechanism in men. "Women tend to be more interested in personal details—who said what, what it means, how they looked," says Tannen. "They go into marriage expecting their husband to engage in [this] type of conversation, but most men don't know how." Instead, they remain silent, utter one-word responses or may even leave the room while the woman is still talking.

"Women are frustrated because they're looking to their spouse to be their best friend and have the sort of relationship they have with other women," says Tannen. "Men, too, want their partner to be their best friend, but we have different ideas about what makes a best friend."

To a man, an intimate talk has nothing to do with feelings or personal details, says Leahy. "Men like to discuss task-oriented issues such as what it's going to cost to send the kids to school, tax increases, improving their golf game," he says. "They can't see much point in *(continued)*

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thing, he gives one-word responses, she's hurt by his silen
he's annoyed by her talking," says Tannen.

GETTING HIM TO OPEN UP

Maybe it's not fair: He's the one who has trouble communic
ing, and you're the one who puts in all the effort to help h
change. But if you want to improve your marriage—and m
both of you happier—it's probably worth it. Here, smart st
by-step strategies that really work.

1. Pick the right moment. When you try to start a conversat
is much more important than most of us realize. You may
dying to talk after work; your husband may need to relax n
and chat later. If you're alert in the morning and he's a zomb
don't force a discussion.

"I've learned how to choose the right times," says Alice Le
Gluck, forty, a fitness trainer from Northport, New York. "If
have to discuss something important like finances, I'll mak
date for us to talk on a night when I know we have time."

2. Let him make the next move. "Sometimes a man's silen
makes the woman feel frustrated and angry, so she begins to
peat herself, and he says, 'See, you're a nag,' " says Leahy. T
following tactic can help keep you from falling into that trap.

"When he doesn't respond, don't fill in the silence," s
Robert M. Bramson, Ph.D., a management consultant
Oakland, California, and author of *Coping with Difficult Pea*
(Dell, 1986). "Use a friendly stare and try counting silently
you don't grow uneasy when silence hangs in the air. Then
he doesn't respond, help him get started by saying, 'Can y
talk about why it's hard for you to say what you're thinking?'

If he still doesn't answer, don't gloss over his silence
changing the subject. "Tell him you'd like to talk about this
morrow and follow up. Let him know you expect an answe
says Bramson.

3. Ask for specifics. Don't query him about anything he c

SILENT PARTNER

continued

discussing something they can't influence or compete with."

Finally, a man may actually be listening to his wife, even though it doesn't seem that way. That's because we have different ways of showing we're paying attention. When women listen, they usually nod their head and say things like "uh-huh, hmmm, yes, I know," says Tannen. "Many men don't use as many prompting words, so it's easy to think they aren't listening when they are."

He talks to everyone but me. "When John comes home, he usually picks up the paper or plants himself in front of the tube, and goes 'huh?' when I ask him something," says Donna Palmer*, twenty-nine, an accountant in San Diego who has been married for six years. "John's in construction, and he always says he's too tired to talk, but then his buddy, Paul, comes over and suddenly he has something to say.

"What really hurts is when he tells friends something he should have told me about first," she continues. "One time there was a serious accident at work. He didn't say a word about it to me, but he told Paul everything. When he does that, it makes me feel invisible."

According to Tannen, since men use talk to impress others and relay factual information, conversation is more like work to them. At home, they feel free to relax and don't necessarily want to start a discussion. "When I'm alone with my wife, I relax by not talking, but when I'm with friends, I feel like I have to be 'on' and impress them," says Jake Kowolski*, a thirty-year-old real estate broker from Pittsburgh.

However, since women derive intimacy from conversation, when they're home they want to talk. Often, a pattern of marital conflict develops. "At the end of the day, she tells him every-





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swer in one word. Instead, "encourage him to engage in conrsation by asking open-ended questions," says Robert amson. For instance, don't say, "How was work today?" He n reply, "fine" or "lousy." To get him to open up, try someing like, "What part of the sales presentation does John want change?" The more specific the question, the more likely he to answer in detail.

Speak good body language. Be aware of what your nonverbal es are telling him. It's a lot easier for your husband to remain iet if you're looking out the window or flipping through a catg while you talk. To promote conversation, keep your arms crossed, your expression neutral and your body posture reed. Talk in a pleasant tone of voice—don't yell or fire quesns at him machine-gun style.

Share your interests. "Couples who focus all their attention one thing, such as children or work, often find they have lit- to talk about because they feel excluded from each other's rld," says Leahy. By doing new and different activities toether—whether it's hiking, traveling or gardening—you'll ve a lot more to talk about. Even if your husband's the stay-home type, try some new experiences on your own—take a ass, do volunteer work. It will make your life—and conversan—more interesting.

Listen carefully. While your husband is talking, pay attenn. Don't think about your response—or let your mind wanr. "Practice active listening, a communication technique that ems artificial at first, but can produce good results with a quiman," says Leahy. "When he talks, rephrase whatever he says. on't disagree or contribute information." Active listening isn't rmal back-and-forth conversation, but it can help loosen him in the beginning.

Learn to fight fair. "Most couples don't know how to have althy fights," says Carla Wills-Brandon. "Often the woman does the talking and complaining, the man dissociates and nothing accomplished, and they have the same fight a month later."

Many men try to avoid arguments altogether, adds Rosenreig. "Sometimes the man withdraws because he is afraid to nfront anger," she says.

One way you can diminish your husband's fear is by learning w to argue constructively. "Try to avoid negative, blaming lanage: guilt, dredging up past mistakes and sentences that start th 'you never…' or 'you always…'" says Leahy. "Talk about w you feel and implicate your role in the problem, if you have e. Don't put all the blame on him, even if you think it's his fault."

For instance, say you find out he's mad because the two of u went to a party last Saturday that he didn't want to atnd. Instead of focusing the blame on him, acknowledge his elings and say, "I can understand why you're upset; it's no n to go to a party you don't want to go to." Then tell him ur point of view and try to reach a compromise: "It was imrtant for me to go to that party, because I made a lot of work ntacts. But next time we'll leave earlier." Therapists admit at it takes enormous self-control to fight this way, but it's ghly effective.

8. Know when to go for help. If you've tried the techniques ove and there's still a problem, experts recommend marriage unseling. Therapy can help a couple sort through other serious ues that may contribute to the silent treatment, such as alcolism, sexual dysfunction or a traumatic event in childhood.

After a year of counseling, Janet and Tom Carpenter were lking more than they had in years. "One important thing I arned in therapy was that because I was so angry at Tom for s silence, I overlooked the nonverbal ways he showed his love, ch as his generosity with money, and all the things he did ound the house without my asking," says Janet. "We'll always ve to work at this, and I'll always wish he talked more, but ir relationship is much better now. This is one marital probm you really can do something about." ■

van Vollmer is a free-lance writer who lives in Centerport, New York.

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Stress signals

If you've got stomach trouble or persistent pimples, your body may be telling you to slow down. Our head-to-toe guide to common symptoms will help you fight them—and relax



BY RONNI SANDROFF

When twenty-nine-year-old Sheila Morris, of San Diego, developed hard, painful cysts on her shoulders, chest and face, her dermatologist asked whether she was under a lot of stress. It turned out she was: Morris was going to school to become a medical administrator while working part-time as a dental hygienist. Now she has learned to see the connection between time pressure and her physical symptoms. "When I'm under a lot of tension at work, I can just feel myself begin to break out again," she says. The antibiotics the dermatologist prescribed help some, she says, but "what helps the most is when I go to the gym after work."

Is Morris's condition all in her mind? Not at all. We've all heard of the fight-or-flight syndrome, when as a response to a threat the body goes into a state of red alert, revving up the flow of certain hormones and other chemicals that in turn produce an increase in heart rate and perspiration, even muscle spasms and higher blood pressure. In varying degrees, this is what happens to your body whenever you're under a strain, and such changes can have an insidious physical effect: At least 75 percent of doctor visits are for conditions that can be traced to stress. With the economy in decline, we may expect to see more, says Charles Oestreicher, M.D., a psychiatrist in private practice in Teaneck, New Jersey, who treats many patients with stress-related disorders. *(continued)*

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*Than the leading dry dog food.

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STRESS
continued

"We all think we're invincible and can handle it all—but eventually anxiety will affect the body," he says.

Scientists are uncovering new links every day, but many people in pain still don't make the connection. The first clue often comes at the doctor's office. "Many people have a habitual reaction, a target organ," says Oestreicher. These stress signals, such as aching muscles, stomach cramps, cold sores and headaches, are a warning that it's time to take extra care of yourself.

Is your body trying to tell you to take a break? Check out our head-to-toe guide—then read our tips for easing up.

Hair

Symptom: Generalized thinning
Cause: Emotional overload can cause alterations in hormone function and in the sebaceous glands, which secrete the oils that keep hair follicles healthy.
Remedy: Stress management and relaxation may slow hair loss.

Symptom: Loss of clumps of hair
Cause: "Some people unconsciously pull or twist their hair when they're under stress, and this can cause hair loss," says Paul J. Rosch, M.D., of the American Institute of Stress, in Yonkers, New York.
Remedy: Discharging nervous energy through deep relaxation techniques

Scalp and skin

Symptoms: Severe dandruff flaking on scalp and face; psoriasis—red, scaly plaques on elbows, knees and scalp
Cause: Chemical changes in skin, possibly the result of hormonal or immunological changes.
Remedy: Topical steroids, tar ointments, ultraviolet light

Symptoms: Eczema—itchy red rash that may ooze or blister; hives
Cause: Stress can cause cells to produce histamine—a substance often released in allergic reactions.
Remedy: Topical steroids, tar preparations and ultraviolet light for eczema; antihistamines for hives

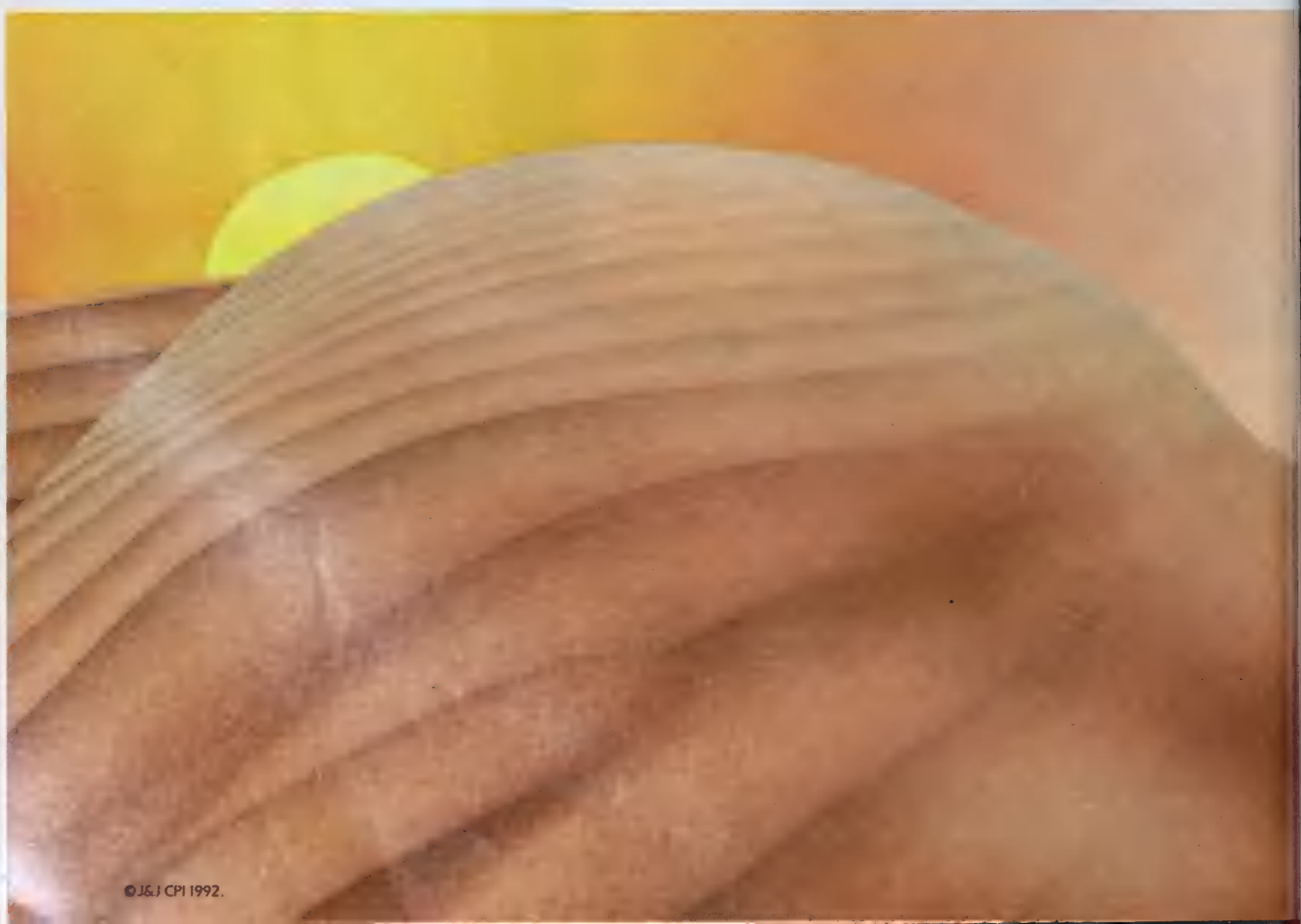
Symptom: Acne
Cause: The release of the hormone adrenaline affects other hormones that are typically active in acne.
Remedy: Topical or oral antibiotics, benzoyl peroxide or Retin-A

Symptom: Neurodermatitis—an itchy area that just won't go away
Cause: "Some people take nervousness out on their skin," says Hillary Baldwin, M.D., associate professor of dermatology at the State University of New Yor Brooklyn Medical Center. They unc sciously rub and scratch at certain ar Nerves under the skin get irritated, an itch-scratch cycle can result.
Remedy: Keep hands busy wit needlework project or even worry be Topical steroids can relieve itchin help break the cycle.

Symptom: Cold sores (herpes simple
Cause: Stress starts replication of he viruses already in the body.
Remedy: Will go away in a week; o ments can help relieve discomfort but w speed healing. Acyclovir, a prescript antiviral drug, can help sores heal faste

Head

Symptoms: Migraine or tension headac
Cause: Scientists now think that b migraine and tension headaches caused by complex changes in br chemistry, all of which can be set off stress. Ironically, pain sometimes stri just after a period of anxiety has passed
Remedy: Traditional over-the-cour products—aspirin, acetaminophen a ibuprofen—relieve most tension he aches, and many new medications are n available for severe migraines. But biofe back and deep relaxation techniques being used more often, says Kenn Greenspan, M.D., an assistant professo



chiatry at Columbia Presbyterian
lical Center.
n biofeedback, sensors are attached to
skin, and a tone or light gives the in-
dual data about muscle tension and
temperature. The person then learns to
g these automatic responses under con-
us control. For example, migraine pa-
ts, who often have cold hands, can actu-
fend off attacks by learning to increase
r skin temperature.

iw

mptom: Difficulty opening the
ıth, or pain in the temporomandibular
t, which operates the lower jaw.
use: Some people express tension by
ıding their teeth or clenching their jaw
scles. The results can range from mi-
pain to muscle spasms, difficulty in
ning the mouth, and damage to teeth
gums and the joint itself.
medy: For some people, just pointing
the cause of the problem is enough,
s Charles Schoenfeld, D.D.S., Ph.D.,
he American Dental Association. Oth-
need to wear a plastic shield to prevent
h damage and alleviate joint pain.

ır, nose and throat

mptom: Colds
use: Stress may hinder the immune
em. In a recent study done at Car-
ie–Mellon University, in Pittsburgh, scientists surveyed subjects about the strife in their life and then exposed them to the germs that cause colds. Those who were overtaxed were most likely to be laid low by cold viruses.
Remedy: If you're under pressure, avoid contact with people who have colds.

Hands

Symptom: Eczema—red, scaly rash or small bumps that feel like blisters
Cause: See scalp and skin
Remedy: Topical steroids

Symptoms: Sweaty palms
Cause: Release of adrenaline and other hormones
Remedy: Tannic acid, an ingredient in tea, is helpful. Soak a teabag in one cup warm water for five minutes. Dilute with three cups cold water. Soak hands fifteen minutes. For severe cases, prescription antiperspirants are available.

Heart and lungs

Symptoms: Fast heartbeat, labored breathing
Cause: "When I get upset at work, my whole body feels likes it's overheating," says Joan Baltarshanski, forty-one, who co-owns an audio-video equipment company with her husband. "My heart pounds, and I start breathing very fast and hard." It's a hormonal reaction of the fight-or-flight syndrome.
Remedy: Muscle-relaxation and deep-breathing techniques can help turn off these reflexes. In severe cases, a doctor may prescribe tranquilizers and medications that slow heart rate and lower blood pressure.

Stomach and intestines

Symptoms: A knot or butterflies in the stomach; excess gas, stomach cramps, diarrhea, nausea.
Cause: Nervous-system action causes excess secretion of acid and speeds up movement through the digestive tract.
Remedy: Antacids, antispasmodics, laxatives or diarrhea medications.

Neck

Symptom: A dull, aching pain between the shoulders that may travel down the arm or up toward the jaw and ear
Cause: Involuntary tensing of neck and shoulder muscles is a common reaction to stress. This is hard work for the muscles, which release chemicals that produce muscle fatigue and pain, just as if you'd done heavy lifting or other strenuous exercise. Muscles may go into spasms, producing a painful throbbing or a general achiness.
Remedy: Ice packs are often used for acute initial phases, followed by moist heat, muscle relaxants, mild pain relievers/anti-inflammatory medications, such as ibuprofen, and gentle stretching exercises. *(continued)*



CUTS THE MUSTARD.

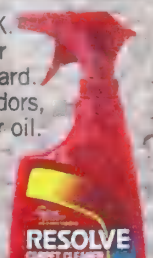




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STRESS
continued

Physical therapy, including massage, ultrasound and whirlpool baths, may also help.

However, Jonathan L. Glashow, M.D., orthopedic surgeon with Lenox Hill Hospital, in New York City, recommends a thorough workup. "I saw a woman who was told for years that her neck pain was related to stress. I found she also had a pinched nerve that caused weakness and pain in her arm muscles. When that problem was treated, her pain was greatly diminished."

Back

Symptom: Dull achiness in lower back
Cause: Same as neck.
Remedy: Bed rest is often recommended at first, followed by gentle stretching exercises, massage and ultrasound. Anti-inflammatory medication can also help.

Arms and legs

Symptoms: Muscle aches, shaky limbs
Cause: Same as neck. Increase in production of hormones and other chemicals may produce muscle twitching.
Remedy: Relaxation exercises may be helpful for reducing muscle tension and calming the body; massage, moist heat.

Whole body and mind

Symptoms: Sleep problems—frequ nighttime waking, insomnia; oversleepi
Cause: Again, the body is on red ale at the wrong time of day. Some peo wake up in the middle of the night w fists clenched and calves and should aching. Muscle tension may cause ac and pains, create a chronic feeling of fati and interfere with sleep. Then you n oversleep when you finally go to sleep.
Remedy: Measured breathing and m cle-relaxation exercises before bedti may restore normal sleeping patterns.

Symptom: Loss of sexual desire
Cause: When the body's stress hormo have put it on alert, loss of sexual desir normal in both animals and humans, plains Kenneth Greenspan. "This is natu way of helping us concentrate on escap from danger."
Remedy: Set aside time to free the m from worries. Try meditation or long wa to relax.

Ronni Sandroff is a free-lance writer from D Ferry, New York.

STRESS BUSTERS

"Stress is like a roller-coaster ride—what's a thrill for one person is agony for a other," says Paul Rosch. If your body is telling you the ride is no longer fun, i time to slow down and take care of yourself.

Here's a five-part system to help you regain a measure of control over yo life. Remember that small changes can offer dramatic relief, whereas drastic u heavals can themselves cause stress.

■ **Slowing down** Denise Triesch, thirty-two, a mother of one and a part-time aerobics instruc from Huntington, New York, now knows that when she wakes up at night with her heart pou ing, unable to fall back to sleep, her body is complaining about her overloaded schedule. "I me, the cure is easing up. I take more time to read, nap and hang out on the weekends inste of trying to get something done every single minute."

■ **Eating right** Worry and tension cause some people to consume lots of high-sugar, high foods and drink excessive caffeine or alcohol, all of which can irritate the body. They can a cause weight gain, which is in itself a stressor for many women. Make sure you get extra servi of fruits, vegetables, grains and calcium-rich foods such as low-fat yogurt and skim milk.

■ **Deep relaxation** "The body knows how to relax," says Greenspan. That's why people can such powerful results from just a few minutes' worth of relaxation techniques, he adds. Try this r tine twice a day for about fifteen minutes.

1. *Sit or lie in a comfortable position.*
2. *Concentrate on your breathing for five minutes, letting extraneous thoughts float away hand resting on the diaphragm, feeling it rise and fall, helps you focus.*
3. *Spend five minutes relaxing individual muscles, tensing and relaxing each three or four tim Start at the top and work your way down, from forehead, cheeks, jaw and so on, to the toes.*
4. *For the final five minutes, imagine yourself in a pleasurable spot, in a happy, relaxed fra of mind. This might be a day at the beach, a walk in the woods or swinging in a hammo Evoke the sights, sounds, smells and sensations of your chosen scene.*

While some people can teach themselves relaxation, others find it easier to get started with in vidual or group instruction. Deep relaxation exercises are not for everyone, warns Greenspa Some people may experience upsetting images and become depressed or feel threatened this happens to you, you may want to seek psychological counseling.

■ **Exercise** Aerobic exercise for twenty or thirty minutes, three or four times a week, is a go way to burn up the chemicals released into your body during stress, decrease muscle tensi improve your mood and increase your ability to cope with problems. Check with your doct though, before starting an exercise program.

■ **Seeking help** Many of the bodily symptoms related to stress may stem from a physical d ease or malfunction. When a new symptom appears or discomfort is acute or prolonged, che with a doctor before assuming it's just stress. If it is, the physician can help you choose rem dies suited to your problem and personality. Joining a support group can also help dramatically

The Frugal Gourmet's™ terrific pasta dish.



Quick-Baked Pasta Family Style

2 Tbsp. olive oil
1 lb. lean coarse ground beef
3 cloves garlic, peeled and crushed
3/4 C. red marinara or spaghetti sauce
3/4 C. good brown gravy (homemade beef gravy, or canned brown gravy, in a pinch)
1/2 C. half and half
1/4 C. Parmesan or Romano cheese, freshly grated
1 tsp. dried whole oregano
1/2 tsp. dried whole rosemary
Salt and black pepper, freshly ground, to taste
3/4 lb. penne pasta (short, small pasta tubes)

Topping: 1 C. Mozzarella or Swiss cheese, coarsely grated

⚓ Bring 4 quarts of water to a boil. ⚓ Heat a large frying pan and add the oil, beef, and garlic. Saute until the meat is tender and then drain excess fat. Add all remaining ingredients except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart Anchor Hocking glass rectangular baking dish and top with the remaining cheese. Bake uncovered at 350° for 25 minutes or until all is bubbly hot. ⚓ Store leftovers in Anchor Hocking Pop-Top Storables® containers. Great for freezer, refrigerator or microwave. ⚓ Serves 6. ⚓ ANCHOR HOCKING

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All the presidents' kids

When a parent enters the Oval Office, presidential progeny are catapulted into the public eye. Here's an update on some famous first children—then and now



STILL MAKING HEADLINES AFTER ALL THESE YEARS (CLOCKWISE FROM TOP LEFT): CAROLINE KENNEDY AND JOHN F. KENNEDY, JR., LYNDA JOHNSON ROBB, JULIE NIXON EISENHOWER, SUSAN FORD BALES, NEIL BUSH, PATTI DAVIS, RON REAGAN, MAUREEN REAGAN AND AMY CARTER

BY ALAN MIRABELLA AND KATHRYN CASEY

THE KENNEDY KIDS TODAY

There have been many first daughters and sons since **Caroline** and **John F. Kennedy, Jr.**, roamed the White House, but perhaps none have captured our attention so securely as the children of Camelot.

For many of us, two early images of the Kennedys will never fade: four-year-old Caroline clomping into the Oval Office in her mother's high heels and, of course, three-year-old John proudly saluting the coffin of his fallen father.

But in the nearly three decades since their father's assassination, the children of John and Jacqueline Kennedy have grown into poised and successful adults. They've forged their own identities without forsaking the family name or enduring the embarrassing travails that seem to plague the rest of the clan.

"They more than any of the other Kennedy grandchildren genuinely have it together," says Harrison Rainie, co-author of *Growing Up Kennedy: The Third Wave Comes of Age* (continued)



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Young girls had ten little problems dressing Barbie®



PRESIDENTS' KIDS
continued

(Putnam, 1983). "With all of the pressures, these kids have come out whole, which is truly remarkable and a credit to their mother. After all, Jacqueline Onassis has spent a lifetime attempting to give Caroline and John as close to normal a life as possible." Here's how the two appear today:

At thirty-four, Caroline has sidelined a legal career to spend as much time as possible with her two children, three-year-old Rose and twenty-three-month-old Tatiana. Married since 1986 to museum designer and author Edwin Schlossberg, forty-six, this graduate of the Columbia University School of Law has not entirely abandoned her legal ambitions.

She's the co-author of *In Our Defense* (Avon Books, 1992), a best-selling book that dramatically examines the Bill of Rights, and the team is now working on another book about rights to privacy. She also currently serves as president of the Kennedy Library Foundation.

While Caroline leads a private life, her devastatingly handsome thirty-one-year-old brother, John, is always in the public eye. During last year's William Kennedy Smith rape trial, for example, John flew to Palm Beach to be at his cousin's side—putting himself squarely in the middle of the media frenzy (reportedly with some reluctance). He often appears at Democratic Party events, and he regularly makes the rounds of New York's party scene, traveling in the same circles as movie stars and rock legends. His stellar acquaintances—and maybe more—include Daryl Hannah, Madonna and Julia Roberts. He's even acted in a small movie, *A Matter of Degrees*. Such high-profile activities (along with his chiseled features, muscular physique and great charm) have made him one of America's most eligible bachelors: In 1988 he was crowned by *People* magazine the "sexiest man alive." Although he's dated actress Christina Haag on and off over the years, "John is not a playboy," says one close friend, "but he is waiting to get married; he wants to experience more things."

Kennedy has become a familiar figure on the streets of Manhattan, where he lives: rollerblading in Central Park, working out at various gyms, sometimes bicycling to his job as an assistant district attorney in Manhattan. There, amid the dark, brooding court buildings, he works in an almost gothic environment, an office of crippled furniture and paint-chipped ceilings—hardly the place you'd expect to find John F. Kennedy's son.

As a member of the trial division, John tackles criminal cases—working both in the courtroom and behind the scenes, where he conducts research and investigations. This August, his three-year co tract with the D.A.'s office ends, and h might move on. Office gossip has it th while John, who passed the state b exam only on his third attempt, is an ad quate lawyer, he's no legal eagle. Wh will he do next? "I don't think h knows," says one of his friends. "He wi most probably continue in some sort public service. I think he intends to tak things one step at a time."

Whatever he decides, we'll all b watching.

THE JOHNSON BRIDES

After **Luci Johnson,** now forty-four, b came the first White House bride in fif years, her older sister, **Lynda,** quickly fo lowed suit, marrying Marine captai Charles Robb in 1967. Until recentl Robb, a U.S. senator from Virginia, w heir apparent to the Johnson politic legacy—a man expected to make a run the White House one day.

That all changed when allegations cocaine use and marital infidelity mad headlines last May. During the fra Robb—who admitted to being in a Ne York City hotel room with a former Mi Virginia/USA, but claimed she had onl given him a body massage—conceded th he had nonetheless put himself in "ci cumstances . . . inappropriate for a ha pily married family man." He added th

has a "very understanding and forgiv-g wife and three loving daughters who ould like to think their daddy's per-ct—but know better." And suddenly ynda, forty-seven, who has always ught to maintain her privacy, was rced to play the wronged wife stoically nding by her man.

Sister Luci calls it the "irony of nies" that Lynda has ended up in such public life. "Politics was thing that I knew Chuck is going to get involved in nen we married," says nda, who lives with Robb d the youngest of their ree daughters in McLean, rginia. Would she have arried the handsome young emocrat if she'd realized 'd run for office? "I don't ow. How can anyone an-er that?" she says.

When does this former esident's daughter feel ost content? "When I'm just Lucinda's, nnifer's or Catherine's mother." Yet en Lynda—who created a stir in the ties by dating perpetual tanner George milton—maintains that having a cer-in amount of celebrity is tolerable. 'here are a lot of things you can do. You n help if you have people's attention," e insists. Robb has put her celebrity to work. She's on the national advisory board of Reading Is Fundamental and on the National Commission to Prevent Infant Mortality.

THE NIXON SISTERS

"The great thing about my life today is that I've struck a balance between being very private and very public," says **Julie Nixon Eisenhower**, forty-three. Her private life centers on her home in Berwyn, Pennsylvania, a surburb of Philadelphia, and her three children with husband David Eisenhower—Jennie, thirteen, Alex, eleven, and Melanie, seven. The public part is her continuing career as an author, lecturer and volunteer.

Michael Reagan on interviewing his father: "My biggest problem was what to call him—Mr. President or Dad"

Currently, she's at work on her fourth book, a collaboration with her husband about the pivotal year 1968, centering on the events in the Vietnam War and the presidential election. The as-yet-untitled and unscheduled work is to be published by Random House. Julie's most notable book thus far is *Pat Nixon: The Untold Story* (Simon & Schuster, 1986), which came out the same year as David Eisenhower's critically acclaimed biography of grandfather Ike: *Eisenhower at War 1943–1945* (Random House, 1986).

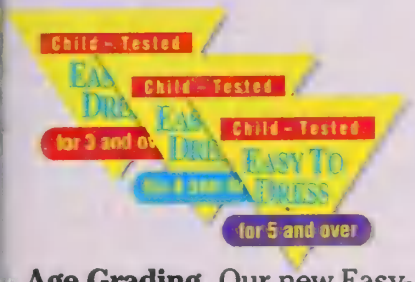
With two former presidents in the family, is there any possibility that either of the Eisenhowers might try politics? "I can't rule it out," says Julie, while adding that they'd like to shield their kids from the spotlight. "It's almost easier to be a politician than a member of the family."

No one would agree more than Julie's publicity-shy sister, **Tricia**, forty-six, who was perhaps most famous during her White House years for her diminutive stature and big wedding. Today, she lives in New York with her husband of twenty-one years, lawyer, Edward Cox, and concentrates on raising their thirteen-year-old son, Christopher.

FAMILY FORD

"My father still talks about *(continued)*

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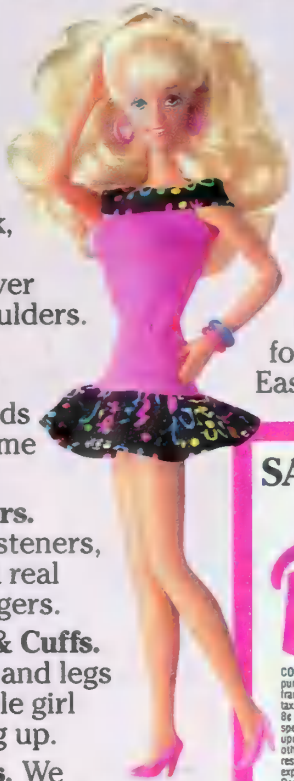
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PRESIDENTS' KIDS
continued

crying in the Oval Office—the day my mother was diagnosed with breast cancer," says **Susan Ford Bales,** thirty-four. Betty Ford's diagnosis and modified radical mastectomy occurred just six weeks into Ford's administration. Drawing on her feelings about her mother's experience, today Susan is a spokeswoman for National Breast Cancer Awareness Month. A sought-after speaker, she describes to audiences across the country her memories of "how breast cancer affects a family."

At home in Tulsa, life with her second husband, attorney Vaden Bales, resembles that of the Brady Bunch. There are Susan's two daughters—Tyne, eleven, and Heather, nine—and Vaden's two sons—Matthew, fifteen, and Andrew, thirteen. Susan, who says she has long since overcome the anger she felt when her father lost the 1976 election, describes life out of the presidential spotlight as "normal. I'm a wife and a working mother. And I've never felt better."

The Ford sibling who made the most noise during his White House years also lives quietly now. **Jack Ford,** forty, once hung out with such high-profile friends as Bianca Jagger and Andy Warhol. He gained the most publicity when he admitted he'd smoked marijuana in college and advocated its legalization. Today, Jack lives in San Diego with his wife, Julianne, and owns more than thirty southern California shopping-mall kiosks, where wheelchairs and strollers can be rented and lottery tickets are sold.

For six years, **Steve Ford,** thirty-four, was a familiar face to viewers of CBS's daytime soap *The Young and the Restless.* But today, the former rodeo cowboy h ridden, at least temporarily, into the su set. He breeds and trains thoroughbr horses on his thirteen-acre ranch in S Luis Obispo, California.

Oldest brother **Michael Ford,** fort two, is director of student development Wake Forest University, in Winsto Salem, North Carolina. He lives the qui life with wife Gayle and three daug ters—Sarah, thirteen, Bekah, ten, a Hannah, six.

THE CARTER CLAN

The last time most of the public saw **An Carter,** twenty-three, it was April 198 and she was on trial in Massachuset with aging Yippie Abbie Hoffman. It w her third arrest in two years—this time connection with an anti-CIA demonstr tion. Soon after she was acquitted, you Amy—her long, straight hair and loo skirts conjuring up visions of sixties a tivism—flunked out of Brown Universit

Amy later buckled down to her studi and graduated with a Bachelor of Fi Arts in painting from Memphis College Art last December. Like older brothe **Chip,** forty-two, **Jack,** forty-four, and **Je** thirty-nine, she's been trying to keep low profile in recent years. Still, Amy- who's currently taking some time off plan her future and think about applyi to graduate school (she hasn't narrowe down the field)—says she isn't out of t protest business. "I'm still involved," s says. "I'm [just] not doing the type things I was doing at Brown."

THE REAGAN REVELATIONS

Many called **Maureen Reagan,** fifty-on the conscience of the Reagan administr tion because of her persistent (but ofte unsuccessful) lobbying on behalf of wo en's issues. Today, the eldest child of t former president and actress Jane Wyma is author of *First Father, First Daughter: Memoir* (Little, Brown, 1989) and lives i the South Bay area of Los Angeles wit her husband, Dennis Revell, thirty-nin There, she works as president of th International Women's Leadersh Exchange, a nonprofit educational org nization aimed at furthering understan ing among women in leadership positio around the world. She is also followi her father into politics—as a Republica candidate for Congress in California' November elections.

Her forty-seven-year-old brothe **Michael Reagan,** has authored his ow memoir, *On the Outside Looking In* (Zeb Books, 1988), in which he revealed h pain and uncertainty as an adopted chil in a broken home. Michael says that wri ing the book was cathartic and that brought him closer to his family. The fo mer boat salesman lives in Sherman Oak California, with his two children Cameron, thirteen, and Ashley, eight, a

s wife, Colleen. Michael, currently a lk-radio host negotiating for a new ow, once even interviewed his father. My biggest problem during the interew," says Michael, "was deciding what call him: Mr. President or Dad."

Nancy and Ronald Reagan's most publly troubled child is thirty-nine-year-old **tti Davis**. Since 1986, she has written o "novels" about the rebellious daughr of a distant father and a manipulative other. Still, after Kitty Kelley's tell-all ography of Nancy Reagan came out last ring—and painted the former first lady a coldhearted, tightfisted control eak—Davis announced she would write r first nonfiction tome, to "tell the truth out my family." Divorced, she lives in uthern California and remains esnged from some family members.

If there's one Reagan offspring who has ways seemed to enjoy his celebrity, it's e former president's youngest—**Ron**. ne thirty-three-year-old former ballet ncer lives in Los Angeles with his wife, oria, just five minutes from his parts—whom he sees "once a week at ast." Although *The Ron Reagan Show*, a lk show he launched last August, was nceled after only two months because of or ratings, Ron is pushing ahead with s TV career with a newsmagazine show r Fox-TV.

Even this most secure Reagan sees some disadvantages to his prominent parentage. "There's nothing you can do besides being Emperor of the Universe that would be bigger than what your parents have done. In the obituaries, it's still going to read, 'son of President Reagan.' "

THE BUSH BROOD

When his father entered the White House, **Neil Bush**, thirty-seven, dreamed about following grandfather Prescott's footsteps to the U.S. Senate. But that was before the S&L scandal, which cost taxpayers $1 billion. A $200 million FDIC lawsuit charging Neil Bush and his associates with gross negligence as a former board member of the failed Silverado Banking, Savings and Loan Association was settled last June for a total of $46.5 million. Today, Neil—who was a political commentator on a Denver radio station during the '88 campaign—is keeping a low profile. Last year, he moved his wife, Sharon, and their children—Lauren, seven, Pierce, six, and Ashley, three—from Denver to Houston, where he is currently director of finance for TransMedia Communications, Inc., a cable network consulting firm.

While Neil's political hopes have diminished, two other members of the family seem poised to follow their father's lead: **George W.**, forty-five, and **Jeb Bush**, thirty-nine. Each is touted in Republican circles as a future gubernatorial candidate in their respective states: Texas and Florida. The youngest of the Bush sons, **Marvin**, thirty-five, appears to be apolitical. A merchant banker in the Washington, D.C., area, he survived a near-fatal bout with ulcerative colitis in 1986 and now lives in Alexandria, Virginia, with his wife, Margaret, and their two adopted children—Marshall, five, and Charles (Walker), two. Then there's **Dorothy (Doro) Bush LeBlond**, thirty-two, who also lives in the Washington, D.C., area, with her children—Sam, seven, and Ellie, five—and works there as a coordinator of special audiences for the National Rehabilitation Hospital.

Over the years, the paths of former first children often cross, and many profess a certain affection for the others. Chip Carter, for instance, declares, "It's such a novel situation. You really feel an empathy for all of them." Yet Carter, now running his own political-consulting business, admits there are exceptions. "Ronny [Reagan] once called my daddy a snake, and I haven't spoken to him since," snaps Carter, who found a way to strike back. "When my Secret Service men went off to work for Ron, Jr., I gave them all pink tutus." ■

Alan Mirabella is a free-lance reporter. Kathryn Casey is a contributing editor of Ladies' Home Journal.

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THE JOY OF READING

A LESSON PLAN FOR PARENTS IN THE NINETIES



BUCKY BROWNELL, TWO AND A HALF, FROM ANDOVER, NEW HAMPSHIRE, GOES TO SLEEP SURROUNDED BY HIS FAVORITE BOOKS

In these uncertain times, one point becomes increasingly clear: The future of our nation is inextricably linked to the quality of our children's education. If we cannot educate our young people, we cannot hope to compete in the global marketplace. And the foundation of a good education is a love of learning, of reading and writing and pushing the mind to question beyond the printed page. The Journal recognizes that the home is a child's first classroom. To help you lay a firm foundation, we've once again joined forces with Reading Is Fundamental (RIF) to make books available to youngsters throughout the country. We've also compiled a comprehensive section of can-do suggestions, activities and advice. Read it, save it, use it. You can make a difference—for your children and for our nation's future.

By Margery D. Rosen

How kids learn to read

The battle lines are drawn between those who favor phonics and advocates of the whole-language approach. But the best teachers know that one-sided teaching leads to lopsided learning



IN NEW YORK CITY, CAREN FOX AND HER THREE-AND-A-HALF-YEAR-OLD SON, MICHAEL, ARE IMMERSED IN *HOOK: PETER AND THE LOST BOYS*

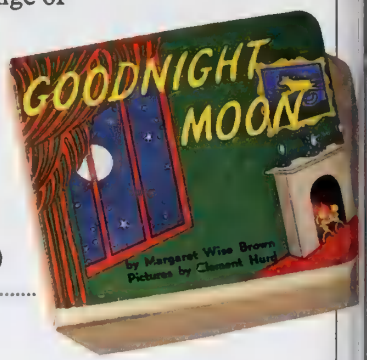
Run, Spot, run. Jane, see Dick go. Dick and Jane see Spot run.

Sound familiar? Most parents today learned to read with Dick and Jane, a series of basal textbooks that emphasized what used to be known as the look/say, or sight, method of reading. You memorized what a word looked like, so you could recognize it the next time you came across it.

Throughout the years, the look/say method vied for first place with phonics. Proponents of phonics believe reading is a process of decoding that must be taught, not an instinctive ability all children have. To be a good reader, they claim, you must decipher the code and recognize the sounds before you move on to whole words. You do that by breaking down a word into sounds, then syllables—sounding it out, as Mom used to tell you.

But by the early eighties, as reading scores plummeted, as more children became hooked on TV, the reading wars started to heat up again. Some educators decried both sight reading and phonics drills as boring and repetitive; breaking down words into meaningless syllables robs children of the joy of reading, they insisted. Forget Dick and Jane; let's read a book about airplanes or dinosaurs and figure out the words in the context of the sentence. This is the whole-language approach—and in education circles today, the debate is fierce over which approach is best.

And that brings us to another skirmish in the reading wars: Which books help kids learn best? Many schoolchildren use basal readers—texts plus related packaged materials. However, in recent years, these readers have gotten failing grades—thanks, in part, to overuse, poor use and laziness on the part of bored teachers. Enter, once again, the whole-language advocates, who prefer to expose children to a range of literature—poems, songs and magazines, as well as books—often on one general theme.



So *(continued)*

WHAT'S RIF?

Founded in 1966, Reading Is Fundamental, or RIF, is the nation's largest literacy program, and it has reached millions of children with activities to enliven reading as well as with books to choose and keep. How? Through a network of volunteers—parents, educators, businesspeople—who work together to get books into the hands of children in their communities and encourage them to read. (For RIF's address, see page 122.)

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get your husband to pick up after

himself.  *Yeah, right.)*



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ABOVE: FIVE-YEAR-OLD SAM BECK, FROM MINNEAPOLIS, LOVES SCIENCE BOOKS. RIGHT: IN CHICAGO, ANASTASIA WECK, TWELVE, READS OFTEN TO HER SISTER, ELIZABETH, SIX

(continued) what's a parent to think? If the experts can't decide, how can you?

"The never-ending debate over the teaching of reading and writing has led to confrontations and extreme positions, instead of united action on behalf of our children," says Priscilla L. Vail, a learning specialist in Bedford, New York, and author of *Common Ground: Whole Language and Phonics Working Together* (Modern Learning Press, 1992).

Indeed, learning specialists agree there's no right or wrong way to learn to read, and parents shouldn't get uptight about it. "The teaching of reading is not a science, and each child has a different learning style that has nothing to do with intelligence," says Sue Korn, a learning specialist in New York City and a consultant to the Dalton School's Fisher-Landau Foundation, an innovative program that trains teachers to work with bright children who have learning problems in the classroom.

Your job as a parent is to ask enough questions to determine whether the program being used is appropriate for your child.

"What is right for one youngster may be all wrong for another," notes Korn. Some children have a strong visual memory and can easily recall the configuration of words. Show them once or twice that T-H-E spells *the*, and they'll point right to it when they see it. For these children, look/say may come easy. Others learn best auditorially, and for them, the phonetic approach is best. Still others, who can understand the predictability of language—that is, they seem to be able to understand a story readily—may learn best with a whole-language approach.

To determine if your child's reading program is working for him, first ask yourself:

1. Is my child motivated, interested and enthusiastic about reading?
2. Does he read at home on his own?
3. Is she able to sound out new words?
4. Is his sight vocabulary—his ability to learn unfamiliar words—increasing? Does he remember those new words?
5. Does she seem to understand what she's reading?

If you answered no to any of the above questions, you need to do a little more investigating. Ask for a conference with the teacher, and approach the subject in terms of your own child. You might begin by saying, "Allison has told me so much [or nothing, if that's the case] about your reading program. I'm interested in learning about the process," or "I noticed Sam is having difficulty reading his social studies text. Is there anything you can do to help me help him?"

Unfortunately, though many children give the appearance of reading, with their eyes raking the page, "it's not until they reach the third or fourth grade, when they have to read more challenging assignments, that you realize they haven't been taught basic comprehension skills," says Korn. *(continued)*

SAD BUT TRUE

Less than half of fourth graders (44 percent) reported that they were read to daily when they were preschoolers; 13 percent said they were never read to.*

*"The "Reading Report Card" and "Learning to Read in Our Nation's Schools"; prepared by the Educational Testing Service for the U.S. Department of Education.

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LEFT: ERIN SHALLHORN, EIGHT, OF SAN DIEGO, IS A BEVERLY CLEARY FAN. BELOW: IN CHICAGO, DEWEY TURNBOW READS DAILY TO DAUGHTER TRACI, TWO AND A HALF

(continued) In other words, there's more to reading than A-B-C. To evaluate your child's program, ask yourself:

1. Does the teacher have different ways of getting the point across? A good reading program integrates all the senses so that no matter how your child learns, he's being reached in some way. Example: Your daughter's fourth-grade class is studying Magellan. Are there maps on the bulletin board so students can trace the route as well as read about the voyage in a textbook? Was a filmstrip about the voyage shown, too?

2. Is phonics being actively taught to some degree? "A child can't just read a workbook or ditto sheets and intuit how to decode a word," says Korn. "Most need *(continued)*

ALL IN THE FAMILY

Learning to read is an anytime, everywhere activity. How about:

Categorizing things as you go about your day, so children get a sense of what main ideas are all about. You could say, "Here's our shopping list for the week; some things are from the hardware store, some from the bakery, some from the supermarket. Can you tell me which ones are from what store?" . . . Asking older kids to read the headline or first few paragraphs of a newspaper article, then to guess what the story is about. Pausing periodically when reading out loud and asking, "What just happened here?" With older kids, listen to TV or radio news broadcasts and discuss what you've just heard or seen . . . Having kids create their own neighborhood or family news broadcast. Suggest they write a script and tape it with a video camera . . . Playing the game Categories. On your next family car trip, take turns naming different vegetables, U.S. presidents, types of cars, and so on . . . Buying an older child a weekly planner to help him plot out his homework for the week and budget his time. (Remind him to write in soccer and band practice, or any other extracurricular commitments, so he won't plan to study for a big spelling test the night he doesn't get home until after nine.) . . . Helping your child organize her study space. Does she have a special place she likes to work? A comfortable chair and a good light? Are all her tools—pencil sharpener, dictionary—right there so she won't have to get up fifteen times? . . . Teaching older students to make their own index cards when they need to study for a big test: After they've read the test chapter, have them think about possible test questions and write one question on one side of an index card, the answer on the other side.



You don't need to do this...



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(continued) direct, multisensory instruction," she says, along the lines of: " 'Today we're going to learn the sound of *sh* and make a list on the board of words that begin and end with that sound.' "

3. Are the students learning comprehension skills? "How to read for detail, to pick out facts, important information and the main idea is critical," says Korn. From third grade on, these skills should be part of her language and reading course of study. Make sure, too, that the teacher leaves time for practice and review before moving on.

4. Are children being taught study and organizational skills? "You don't read a social studies text the same way you read a Baby-Sitters' Club book," notes Korn. By the third or fourth grade, children should be active readers—that means underlining or highlighting key words in the assignment; numbering them as they go along; plus pausing to think or jot down notes as they read so they retain more information. They should also be taught to use all the different parts of a textbook—the table of contents, the glossary, as well as visual aids such as charts, graphs and summaries.

5. Are students learning research and editing skills? By the time a child is in the fourth grade, she should know how to select a topic for a report, collect information from different sources, organize ideas on index cards and make outlines. Once she has written a report, she should know to check spelling, grammar and punctuation.



IN KNOXVILLE, TENNESSEE, FIRST-GRADE TEACHER PHYLLIS ERVIN GATHERS STUDENTS FOR A DAILY STORY



BENN, 18 MONTHS, AND DANIELLE, THREE, SNUGGLE WITH MOM DOROTHY MAPES IN THEIR NEW HAMPSHIRE LIVING ROOM

Once upon a time

Seven things to remember when you read to your kids

You're probably thinking, come on! Do parents really need to be told how to do that? What's next? How to hug your child?

Well, the truth is, some parents don't know how to read to their kids. Others are simply too hassled. "But I'd like busy parents to remember that reading together for as little as ten minutes a day can make a difference. Pick a quiet place . . . choose a regular time . . . and share a book," says Ruth Graves, president of Reading Is Fundamental. Keep the following points in mind:

1. It's never too early to read aloud to a child. Newborns love the sound of your voice as well as the physical closeness; when you read to them, they learn to connect books with your love. Even a six-month-old will pick up on the rhythms of words.

2. Let your child choose the book, and let him turn the pages at his own pace. If he wants to linger on the picture of the mouse in *Goodnight Moon*, why not?

3. Skim the book before you begin. Depending on your child's age, you may want to condense some of the longer paragraphs or descriptions.

4. Invite your child's favorite stuffed animal or doll to join in the reading time. Be theatrical: Let a puppet read to your child one day. Read slowly and ham it up.

5. Point to the pictures and talk about them. Get your child involved in the story: What is the dog doing now? What did the caterpillar eat on Tuesday? Let your toddler read to you (she'll remember the story by looking at the pictures).

6. If you're reading longer books, try to finish a chapter before stopping—or read to an appropriate stopping point. Children like a sense of closure. Leave time to talk about the book before you turn out the lights.

7. Give children time to get into the habit of reading. Don't worry if they fidget, turn the pages before you've gotten to the end of a sentence, or decide to pick another book right in the middle—and by all means don't give up. It takes time to learn how to listen. Let them draw or play quietly with a toy while you read.

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What makes Lipton Rice & Sauce so good? Long grain rice. Our special blend of herbs and spices. And a delicious, deep simmered sauce you won't get anywhere else. When it comes to quality, we never cut corners. Try our delicately seasoned taste.

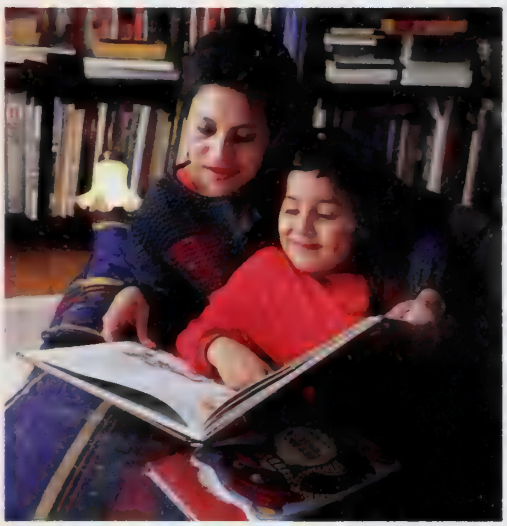
THEY'RE THAT GOOD.



What's wrong with my child?

You've heard much about ADHD—could this be why your youngster has trouble in school?





TOP: IN WEST PALM BEACH, CRISTINA MONTALVO, SEVEN, CHRISTINA MARSHALL, SIX, AND NATALIE RODRIGUEZ, SIX. BOTTOM: BERTA STANLEY, DAUGHTER ANA LAINEZ, SIX, IN ARLINGTON, VIRGINIA

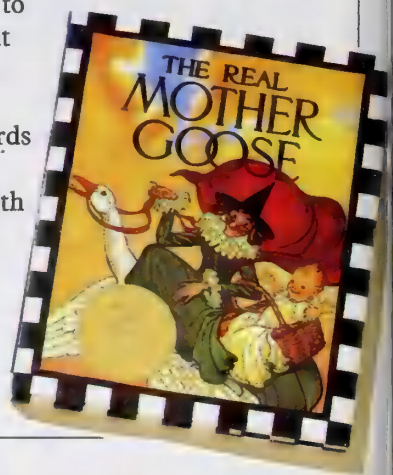
He can't sit still . . . he talks out of turn . . . he doesn't follow directions or concentrate. We asked Priscilla L. Vail to help parents understand one of the most controversial learning problems.

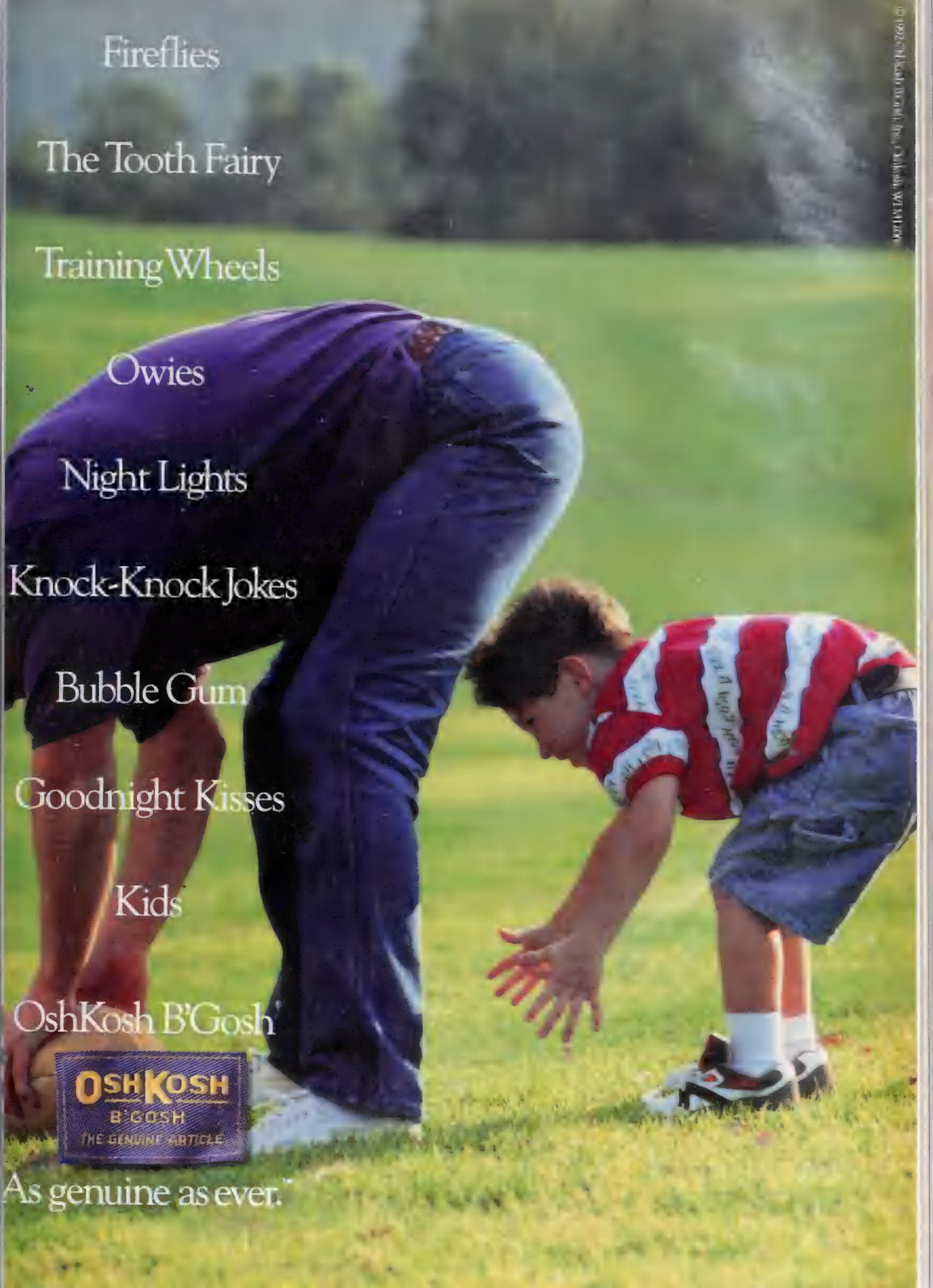
LHJ: First, a definition. What exactly is ADHD?
Vail: Attention deficit hyperactivity disorder, or ADHD, is a collection of neurological syndromes and behaviors that block a child from learning in a traditionally organized classroom. (The disorder was formerly known as ADD; the description of hyperactivity was added in the last few years because it was determined that many, though not all, children with attention disorder also suffer from hyperactivity. In years past, such children would have been diagnosed as having minimal brain dysfunction or hyperkinetic syndrome.) Children with ADHD will act up, interrupt, and say things that are unacceptable. Easily distracted, they fidget in class and shift from one uncompleted activity to another. Aggressive and loud, they quickly become outcasts. Other children don't want to play with them, and teachers find it hard to accommodate them in class. The result: academic and social failure, which shatter self-esteem and can lead to depression and further acting-out behavior in a desperate attempt to get attention.

LHJ: What causes this?
Vail: As with so many learning problems, we're still not sure, but recent studies point to a strong hereditary and biological component. Their imaginations go wild; their minds are like TV sets with faulty channel selectors; one thought leads to another, with no structure or discipline. These children respond inappropriately to social cues, talk out of turn, leave their seats, and generally disturb the classroom. The disorder is in no way a reflection of low intelligence; it belongs to both genders and may have a cultural component.

LHJ: But it's a problem they outgrow, right?
Vail: We used to think that, but now we know that although about two thirds of the youngsters with ADHD improve as they grow older, many don't. While

(continued)




Fireflies
The Tooth Fairy
Training Wheels
Owies
Night Lights
Knock-Knock Jokes
Bubble Gum
Goodnight Kisses
Kids
OshKosh B'Gosh
OSHKOSH
B'GOSH
THE GENUINE ARTICLE
As genuine as ever.





ABOVE: MINDY ROY, TEN, BROWSES IN THE LIBRARY IN ANDOVER, NEW HAMPSHIRE. RIGHT: JULIE SHALLHORN, TEN, OF SAN DIEGO, READS TO HER BROTHER BRYCE, THREE

(continued) the activity level may decrease, problems with attention and impulsivity remain. Such adults may have poor organization and time-management skills. Moody and quick-tempered, they may have difficulty holding a job, since they are unable to concentrate on a project or even read a report.

LHJ: Many parents are confused—how can they tell whether their child is just a rambunctious, free spirit or he has a real problem?
Vail: It's critical to make that distinction. I don't want to worry parents needlessly, nor do I want them to stifle their child's natural personality and exuberance. I can't emphasize enough that it is perfectly normal for children to be restless, talk a lot or stop paying attention.

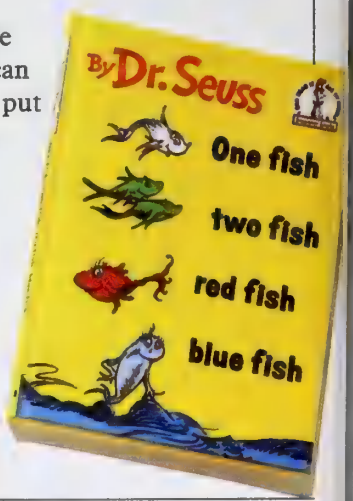
What distinguishes this problem is the frequency of these symptoms and the age at which they first become noticeable (see box on page 104). It's critical for parents to remember that ADHD is an official medical term and that a proper diagnosis can be made only by a physician. Too often, terms and labels are bandied about, which does a terrible disservice to children. And right now, ADHD is one of those trendy labels. It's the latest buzzword in education circles.

LHJ: Why is that?
Vail: A number of reasons. Learning differences in general have received a lot more publicity in recent years; hence, doctors, teachers and parents are all more aware of them. To a certain extent, that's great. But I sense there is a galloping horde of people with therapeutic zeal out there—many well intentioned but uninformed—who are taking advantage of anxious, worried parents. These parents desperately want to hear that their child's problem is such and such. It's soothing to have a label, because that implies not only that there is a specific reason for their child's behavior (therefore, he's not bad) but also that something can finally be done about it.

LHJ: How widespread is the problem?
Vail: That's hard to say. Estimates range from five percent to as high as thirty percent of the population of school-age children, girls as well as boys; still other studies report that as many as sixty to seventy percent of that population will continue to manifest symptoms through adulthood. Despite all this, ADHD is still grossly underrecognized, misdiagnosed and incorrectly managed. The symptoms of anxiety and clinical depression, for instance, are similar to and in many cases mimic ADHD. But that doesn't mean that every child who talks out of turn and jumps up from his seat is suffering from it either.

LHJ: What's the first step?
Vail: Recognition and diagnosis. Observation by parents and teachers is critical, since children are most likely to display symptoms of ADHD in a classroom situation, where they have to conform to rules and regulations, sit still and keep quiet.

The next step is helping them develop their language in an age-appropriate way; this can help them put the brakes on their behavior. ADHD children need structure, clear rewards and *(continued)*



There are plenty of reasons to fight underage drinking.

Here's how we're doing it.

At Anheuser-Busch we're committed to putting an end to underage drinking. That's why we have developed, or help to support, comprehensive programs to tackle the problem. They're all based on providing the education and awareness that young people need for responsible behavior and decision making.



♦ *Family talk about drinking.*

Experts agree that it is important for parents to discuss drinking with their children at a young age to help prevent underage drinking. Our Family Talk brochures, prepared with the help of professionals in alcohol education, child psychology and family counseling, provide parents with useful discussion guides to help them answer questions and cover important points with their children. For copies, just call 1-800-359-TALK.

♦ *National Collegiate Athletic Association Foundation.*

Along with The National Collegiate Athletic Association Foundation, we provide alcohol education grants through their "Choices" Program. It encourages NCAA colleges, universities and conferences to develop, implement and evaluate campus-wide alcohol education programs that work toward the elimination of underage drinking and promotes education designed to enable the students to make informed choices about their lives.

♦ *BACCHUS.*

Established on over 500 college and university campuses throughout North America, BACCHUS is an international student organization devoted to providing proactive alcohol education programming at a peer to peer level. Through the development of year-round education initiatives, BACCHUS students promote responsible decision-making, healthy lifestyles and encourages respect for the law and campus drinking policies.

♦ *Program ID.*

We sponsored this booklet to help retailers enforce drinking age laws. It provides prototypes of drivers' licenses from all 50 states to help verify the authenticity of ID's when presented.



♦ *Barbara Babb Lecture Series.*

Some young people may believe that the consequences of underage or excessive drinking will occur to somebody else, never to them. Barbara Babb, R.N. and former critical care flight nurse, dispels that myth in her provocative presentation entitled "Tying One On." She has made a lasting impression on over a quarter of a million high school students across the country. Her program gets underage kids to think hard about what they could be doing to themselves and their loved ones if they drink.



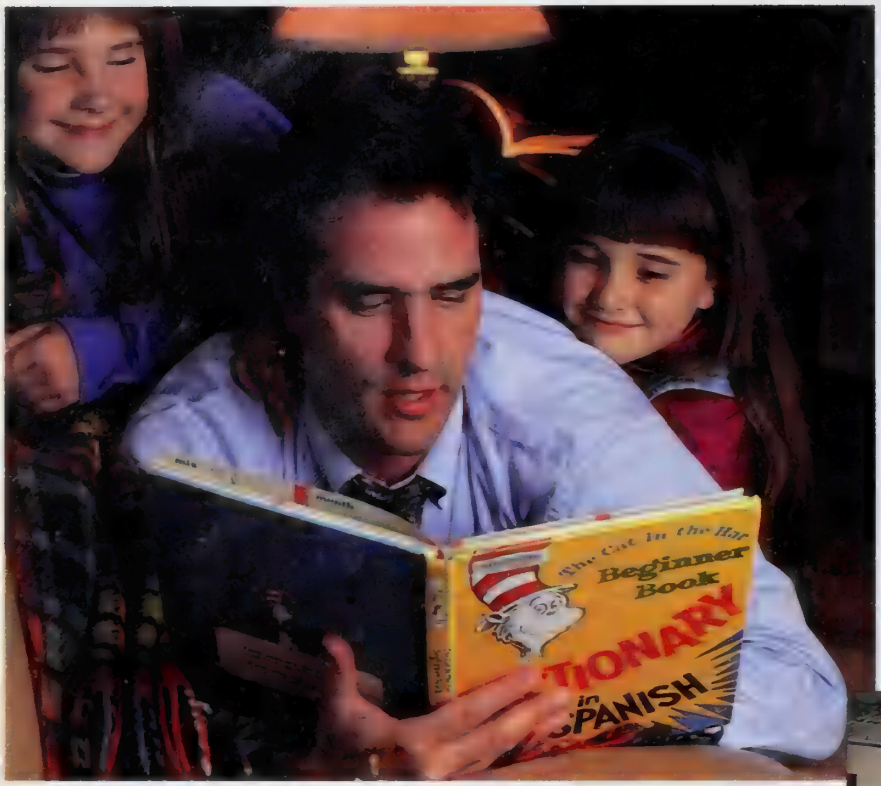
Programs like these are working. Underage drinking is on the decline. According to a study by the University of Michigan Institute for Social Research, drinking among high school seniors has dropped 21% since 1978, and is now at its lowest level since the study began in 1975. Over that same time, the number of drivers killed in teenage drunk driving accidents has decreased by 40% as reported by the U.S. Department of Transportation. It's progress, but there's a lot more work to do.

At Anheuser-Busch, we feel that education and awareness are the best tools to fight underage drinking. We will continue to support these programs and develop new ones to help make underage drinking a thing of the past.

Anheuser-Busch, Inc.

We invite you to share your thoughts on the issues mentioned here. We would also be happy to send you information regarding our policies and programs designed to encourage responsible drinking. Write: Anheuser-Busch, Inc., Consumer Awareness and Education, One Busch Place, St. Louis, MO 63118

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ABOVE: CRAIG CALDWELL, OF PHOENIX, WITH DAUGHTERS CAITLIN, TEN, AND JESSICA, SEVEN. RIGHT: TWELVE-YEAR-OLD AVI AND EVA TUSCHMAN, EIGHT, OF MENLO PARK, CALIFORNIA

(continued) consistency. For instance, do they understand the concept of time? Time is an invisible concept accessible only through language: Later, in ten minutes, next, before, after. We give them phrases to use, and repeat those phrases over and over to help them develop a sense of sequence: "I'll take the next turn." "You can play with it now, I'll play with it this afternoon." "First we're going to read a story, then we will draw a picture about what we read."

These children are also helped when they have multisensory activities in the classroom. For example, when a teacher adds a hands-on, manipulative task—such as building a model or painting a picture—after she reads a lesson, the ADHD child has a chance to work off some energy so he can concentrate better.

The bad news is that, as school budgets are cut, as more teachers are forced to teach more kids at one time and make sure they are all on the same page in the workbook, ADHD children may suffer. That's why parents have to be advocates for their kids.

SAD BUT TRUE

Fifty-four percent of nine-year-olds reported reading for fun on a daily basis. By age seventeen, only 28.1 percent did.*

LHJ: How can they do that?

Vail: Be vigilant. Work closely with the teacher to find something that your child is good at and enjoys doing, and make sure she has an opportunity to use that in the classroom. Tell the teacher, for example, that you know your son has a hard time sitting still, but he's very talented in art; can he be permitted to draw a picture of what the class is doing each day and compile those pictures into a book to be hung on the bulletin board at week's end? Ask her help in finding something genuinely satisfying for your child to do that others will appreciate.

At home, help him structure his evenings, plan his time and organize his materials. Behavior modification helps. Tell your child: "I know one of your favorite things to do is play basketball. Let's earn extra time to do that. Every time you sit at your desk and complete three pages in ten minutes, you will earn five more minutes of basketball time."

Also, with ADHD kids, it's more important than ever to decide with your child when and where he's going to do his homework. Make sure he has a place to keep books and school materials. Buy him a calendar to mark in special dates (if he has a project due in one week, mark the halfway point so he has a sense of time elapsing). Pick a *(continued)*

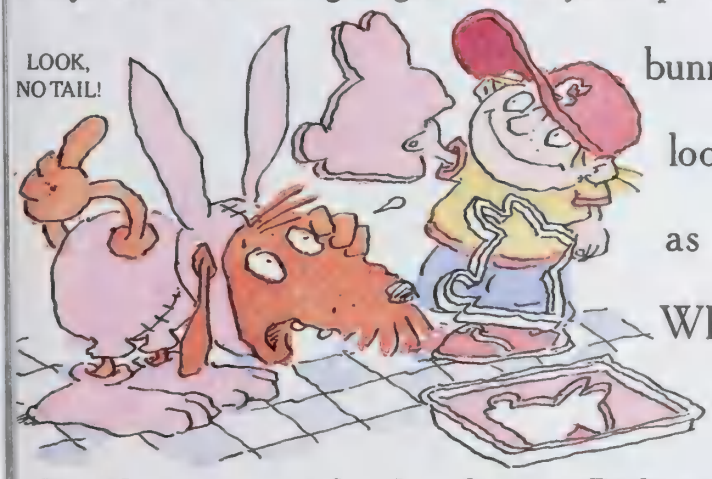
WATSON WIGGLES OUT OF TROUBLE.

APRIL

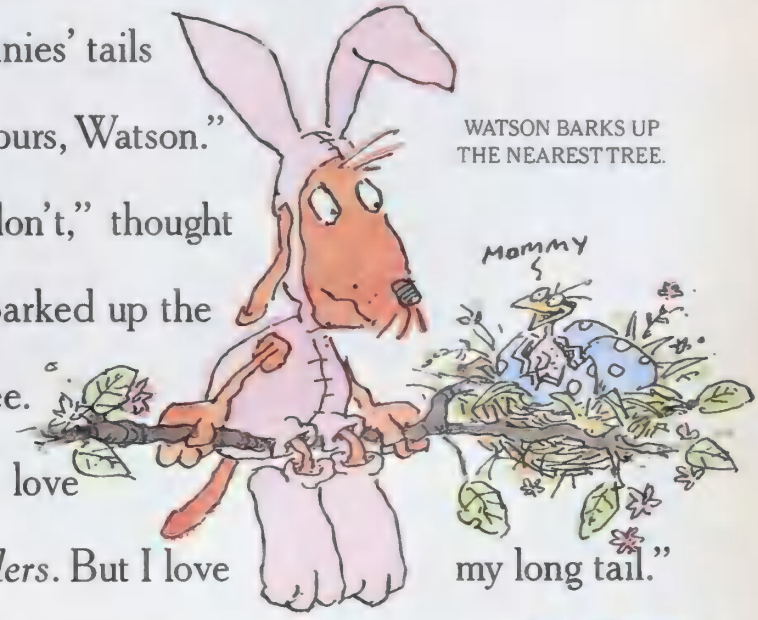


Spring's in the air. So are Sammy's silly ideas.

Hey Watson, I'm going to dress you up like a bunny." Watson wasn't sure about this. "You'll look good," Sammy reassured him. "Almost as good as strawberry Spring *Jigglers*." Which reminded Sammy, Mom had been neat and mixed up a batch of *Jigglers* earlier. Creamy pastel colored ones. Delicious. Sammy cut out some bunny shapes. Mmmm," he said as he took a bite. "Bunnies' tails aren't as long as yours, Watson."



"Oh no you don't," thought Watson, as he barked up the nearest tree. "You might love JELL-O *Jigglers*. But I love my long tail."





SPRING *JIGGLERS*™

Gelatin Snacks

2 packages (4-serving size) JELL-O® Brand Gelatin, any flavor
1¼ cups boiling water
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed

DISSOLVE gelatin in boiling water in large bowl, stirring 2 minutes or *until completely dissolved.* Refrigerate 15 minutes or until gelatin is cooled to room temperature.

REMOVE bowl from refrigerator. Using wire whisk, vigorously stir whipped topping into gelatin until smooth. Spread evenly in 13x9-inch pan. Refrigerate at least 3 hours.

DIP pan in warm water for 10 seconds. Cut into shapes with cookie cutters. Lift from pan. Decorate and serve.

Note: Best when served cold.



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(continued) place where your child wants to do his work. Many ADHD children can't work in their bedroom, because the bed is associated with drifting off and sleeping. Ask: Where do you study best? For some, it may be the dining-room table.

LHJ: What about medication?
Vail: About eighty percent of children and fifty percent of adults are helped by medication. Central nervous system stimulants such as Ritalin are most commonly used; these work by activating the part of the brain that allows them to sit still and concentrate. Low doses of antidepressants may work, too. If the child is not genuinely ADHD, the medication will have no effect. Some doctors suggest medication be given only during the school week, not on weekends. Others suggest that the child be kept on medication all the time, to keep him on an even rhythm. Though [these drugs are] controversial in some quarters, most physicians assure parents that the side effects are minimal; these drugs have been on the market and tested for thirty years. Some appetite disturbances have been reported, but physicians report few instances of stunted growth or depression that many parents fear. Incidentally, some recent reports that these children will benefit from the caffeine in coffee have not yet been proved and are still controversial. I wouldn't give my child a cup of coffee in the morning and think that's all I needed to do.



KAY ENGLUND, OF MINNEAPOLIS, READS TO HER SEVEN-YEAR-OLD DAUGHTER, ANJALI

SAD BUT TRUE

Sixty-nine percent of fourth graders, 71 percent of eighth graders and 48 percent of twelfth graders said they watch three or more hours of TV every day.*

HOW YOU CAN TELL

According to Steven Pliszka, M.D., a child psychiatrist at the University of Texas Health Science Center, in San Antonio, who has done extensive work in the field, if a youngster exhibits eight of the following fourteen symptoms for more than six months before the age of seven, he may be suffering from attention deficit hyperactivity disorder.

Does he

. . . have trouble remaining seated when asked to do so?
. . . fidget or squirm when he is seated?
. . . have difficulty waiting his turn?
. . . have difficulty playing quietly?
. . . have trouble following instructions or finishing tasks?
. . . have a problem with excessive talking?
. . . tend to interrupt or intrude on other children's games?
. . . have trouble listening to what is being said?
. . . always lose things?
. . . often do physically dangerous things without thinking about the possible consequences?
. . . get distracted easily?
. . . have difficulty sustaining attention?
. . . shift from one uncompleted activity to another?
. . . blurt out answers to questions before they've been asked?

It's important to remember, however, that "high energy is part of normal childhood," points out Vail. "Just because your son jumps around in the back of the car and hits his brother over the head with a comic book doesn't mean he's suffering from ADHD." Trust your gut. If you think there might be something wrong, make an appointment with the pediatrician. Ask questions and keep on asking until you have a satisfactory resolution. If your doctor brushes you off, consult a clinical psychologist who has done work in this area or a pediatric neurologist.

For more information, contact these organizations: Orton Dyslexia Society, 800-ABC-0123; Attention Deficit Disorder Association, 800-487-2282; Children with Attention Deficit Disorders, 305-587-3700.

YOU ASKED FOR IT!

Good news for the thousands of readers who loved the first Parent's Digest: The second issue of the most useful parenting magazine ever is on your newsstand April 3. Parent's Digest is the only magazine with excerpts from books, journals, TV and videos—all the child-rearing information you need in one indispensable guide. On sale wherever magazines are sold.

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Teddy Grahams.® The delicious way to bring wholesome snacks out of hibernation.



Nabisco...for a healthy appetite.

For the love of language

Language, like any skill, must be practiced. Here, what you can do to help your child flex his linguistic muscles





TOP: IN BROOKLYN, NEW YORK. KATHY QUINN AND GENEVIEVE, FIVE. BOTTOM: JELANI HOLMES, WILL TIMPSON, BOTH FOUR AND A HALF, IN D.C.

Contrary to what many parents think, language doesn't always develop spontaneously. Exposure to new words, direct instruction, and just plain messing around with language are all necessary. In fact, youngsters who are competent readers have had a strong foundation in language early on.

However, since almost all children learn to speak quickly and effortlessly, we tend to take the growth of language for granted and forget about the children who don't learn quickly. "That's a terrible mistake," notes Sister Winifred Danwitz, Ph.D., administrator of Mount St. Ursula Speech Center, in the Bronx, New York, "because language development has a direct influence on intellectual growth as well as social and emotional development, school performance and achievement later on."

You can stack the deck in your child's favor by providing her with language-enriching materials, games and exercises appropriate to each stage of her development. Adds Priscilla L.Vail: "Like any skill, language must be practiced. The best thing a parent can do for her children of any age is to help them flex their linguistic muscles." Here, books and materials for children at different ages:

INFANTS Even a newborn profits from hearing spoken words and songs. By one year, most babies begin their own babbling in streams of sounds that mimic what they hear. When you respond to them, they learn that language builds bridges between people.

What they need Surround them with words. Sing to your baby (play a tape when you can't) in soft, simple, repetitive refrains, such as "Twinkle, Twinkle, Little Star," "Row, Row, Row Your Boat"... Read nursery or nonsense rhymes, play Pat-a-cake, This Little Piggy, all those silly games that link words with gesture and movement... Talk to your baby as you diaper and bathe her and as you go about your day... Buy her soft cloth or waterproof books with bright colors and shapes or books with textured pages, such as *Pat the Bunny* (Frances Kunhardt)... By the time your child is a year old, move on to *The Real Mother Goose*; *Goodnight Moon* (Margaret Wise Brown) and books by Helen Oxenbury.

TODDLERS are learning to associate words with the objects they refer to. They love to repeat and mimic, to giggle and pretend they're talking and reading. They're beginning to recognize letters and numerals.

(continued)

SAD BUT TRUE

Nearly forty percent of thirteen-year-olds lack such intermediate skills as the ability to locate information within paragraphs or to make generalizations based on what they have read.*

Itchy kids feel better once they've had their oatmeal.



Aveeno®
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atmeal.
othing Therapy™
Itchy Skin
shes.



1
veeno *100% Natural*
eal Bath is pure relief for
ho itch all over. Pediatri-
ecommended Aveeno
es the itch of poison ivy,
bites and chicken pox.



For on-the-spot relief, try Aveeno *Anti-Itch Concentrated Lotion and Cream.* They dry weepy rashes like no hydrocortisone cream can.

And unlike ordinary calamine formulas, they disappear into skin without a trace—no drippy pink mess.

For extra effective itch relief, use Aveeno Anti-Itch Lotion and Cream in between Aveeno Baths. Count on Aveeno Soothing Therapy to make any itchy kid feel good all over.

aaah Aveeno™

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(continued) **What they need** Sturdy picture books, with familiar objects in bright colors. Big favorites: books about animals as well as real people and situations—fire fighters, police officers, Mommy and Daddy at the office; books with rhymes and repetitions that encourage audience participation—the *Spot* books by Eric Hill, *The Very Quiet Cricket* and *The Very Hungry Caterpillar* (Eric Carle), anything by Dr. Seuss; plus books that are informative (*Inside—The Story of an Egg That Hatched,* by May Garelick, *26 Letters and 99 Cents*, by Tana Hoban) and other picture books... Keep right on talking—when you grocery shop (give them coupons so they can match the pictures with items on the shelves), cook dinner, clean house... Point out and explain ordinary things as you drive in the car or walk down the street: "This is the drugstore, where we buy medicine," "This is the fire station," and so on. Such activities not only sharpen children's powers of observation, they reinforce their familiarity with letters... Have fun with words: Make up silly rhymes, your own songs and chains of words that all start with the same sound—*story, start, stop, stamp* ... Let them help you sort the laundry (the beginnings of learning to categorize): Put all the red clothes in one pile, the blues in another... Along the same lines, let them empty the dishwasher and put all the forks and spoons back in their proper places (you hate to do it anyway, right?)... When they draw or paint a picture, let them dictate to you what the painting is about so you can write it on the page... Save your old clothes and shoes and let them dress up and put on a play. Connect body language to the spoken *(continued)*



ABOVE LEFT: MEGAN LUNDGREN, EIGHT, OF KNOXVILLE, STICKS TO THE CLASSICS. ABOVE: GRANDPA BOB SAMPLES READS TO GRANDSON FRANKIE, FIVE, IN MINNEAPOLIS

THE STARS AND THEIR KIDS

We wondered what our favorite celebrities read to their kids. Here's what they told us:

■ **JACLYN SMITH** "When they were young, we read *Goodnight Moon, Corduroy, Little Engine That Could,* the *Spot* series and *Ernest and Celestine*. Now it's *The Secret Garden* and *Bible Stories for Little Children*." ■ **JANE SEYMOUR** "There's a reason the classics are classics. We read *Winnie-the-Pooh, Wind in the Willows, The Jungle Book*." ■ **OLIVIA NEWTON-JOHN** "*Now We Are Six* and *Mandy*, which was a gift from Julie Andrews." ■ **JULIA DUFFY** "I love to read them *Charlotte's Web* and *Little House on the Prairie*." ■ **BARBARA BUSH** "I like to choose stories that call upon the children's imaginations, like *Story of Ferdinand, Miss Rumphius* and *Jamaica Tag-Along*. I love to change my voice when I'm reading different characters and to ask questions." ■ **KATIE COURIC** "Since my daughter, Ellie, is only eight months old, we sit and flip through magazines and look at the pictures." Then, says Katie, "Ellie tries to eat them."



CHEF BOYARDEE SPECIAL RECIPE

NEW!



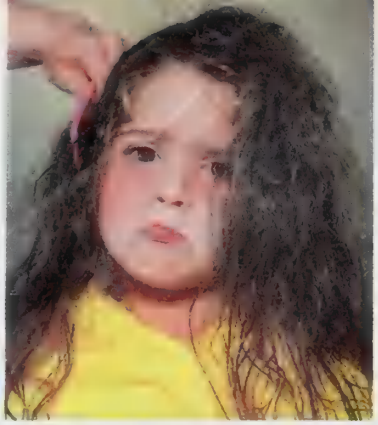
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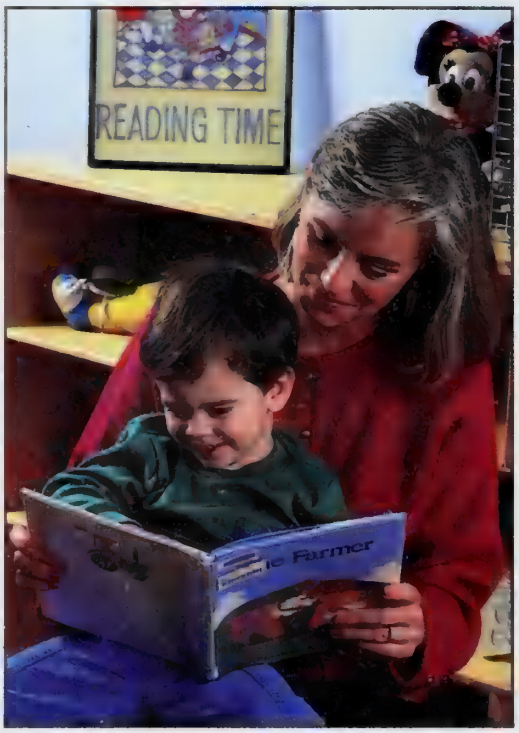
*TM



Johnson & Johnson

(continued) word: How does a bear look when he's sad? What does the silly clown do?

KINDERGARTNERS Children in this prereading stage use language to make sense of their world. "They love labels; after all, once you know what something is called, you can ask for it, reject it, discuss it, use words to direct others' behavior. Talk about power!" notes Vail. Children this age also use language to understand what is real and what is fantasy; they are constantly tuning their ears to hear new words and new patterns of language.



KITTY McGEE, OF TEMPE, ARIZONA, AND HER SON MATTHEW, TWO, USE THEIR PUBLIC LIBRARY

What they need Books about misbehaving children or impetuous creatures, such as *Curious George* (R.L. Rey), are very popular now; so are magical stories, such as *Sylvester and the Magic Pebble, Dr. DeSoto* (William Steig), *Strega Nona* (Tomie De Paola), and *Where the Wild Things Are* (Maurice Sendak); *Alexander and the Terrible, Horrible, No Good, Very Bad Day* (Judith Viorst); *The Very Last First Time* (Jan Andrews); as well as informative books, like the Golden Press encyclopedias and the *Let's Find Out* science series (Thomas Crowell Co.) or even *Digging Up Dinosaurs* (Aliki); stories with nonsense words, repetitions and refrains, and poetry such as *A Light in the Attic* (Shel Silverstein)... Play word games with your kindergartner: rhyming, alliteration (example—How many words can you think of that begin with the *S* sound?); have them cut out pictures from magazines to make their own alphabet books.

FIRST GRADERS By first grade, most children have mastered the ideas of cause and effect, fantasy versus reality, and they like to prove to themselves that they know the differences. Highly conscious of what's fair and what's not, they love fairy tales in which justice wins out and the little guys triumph over the big guys. Since many can recognize word patterns, buy them books with familiar words that allow them to "read" by themselves.

What they need Classic fairy tales; *Owl Moon* (Jane Yolen); *My Father's Dragon* (Ruth Stiles Gannett), *Miss Rumphius* (Barbara Cooney); *Where's Waldo?* (Martin Handford); and *When I* *(continued on page 120)*



LOOK OUT!



IS COMING THIS APRIL
TO THEATRES
EVERYWHERE!

Parents have a lot of questions.

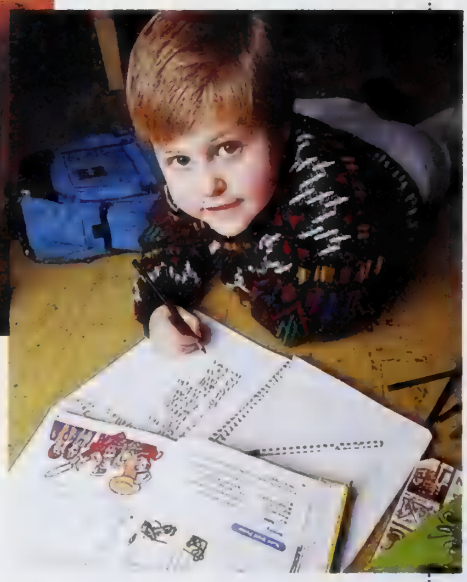
Here's the answer:



Look for Parent's Digest in your supermarket or on your favorite newsstand April 2



IN KNOXVILLE, RUTH-MARY WILLIAMSON AND GRANDDAUGHTER, HANNAH SIMMONS, FOUR; BELOW: STEPHEN BOERS, SEVEN, IN CHICAGO



(continued from page 110) *Am Old With You* (Angela Johnson).

SECOND GRADERS By this age, children have developed particular likes and dislikes when it comes to reading. Eager to learn more about people, history and geography, they love to accumulate facts, though they still love to play with words and their sounds. Feeling part grown-up, part little kid, they enjoy tales of rescue and protection.

What they need *The Boxcar Children* series (Gertrude Warner); *The Magic Schoolbus* series (Joanna Cole); *Jumanji* (Chris Van Allsburg); the *Amelia Bedelia* books, with their plays on word meanings; joke books; *Sing a Song of Popcorn: Every Child's Book of Poems* (Scholastic)... A good game to play with this age group: word trains, in which you start with an engine word, and then add word cars that begin with the ending letter of the word preceding it. For instance: Engine word is *spaghetti*, followed by *igloo*, *owl*, *land*, and so on.

THIRD GRADERS Reading is no longer just a goal but a tool for further study. Children are ready to explore the texture and complexities of language and are fascinated with homonyms and puns.

What they need "Youngsters of this age need to hear big, rumbly stories so they can fill their ears and hearts with the might of language and the power of narrative," says Vail. They need myths and folk tales; longer narratives and chapter books, such as *From the Mixed-up Files of Mrs. Basil E. Frankweiler* (E.L.

(continued)

SAD BUT TRUE

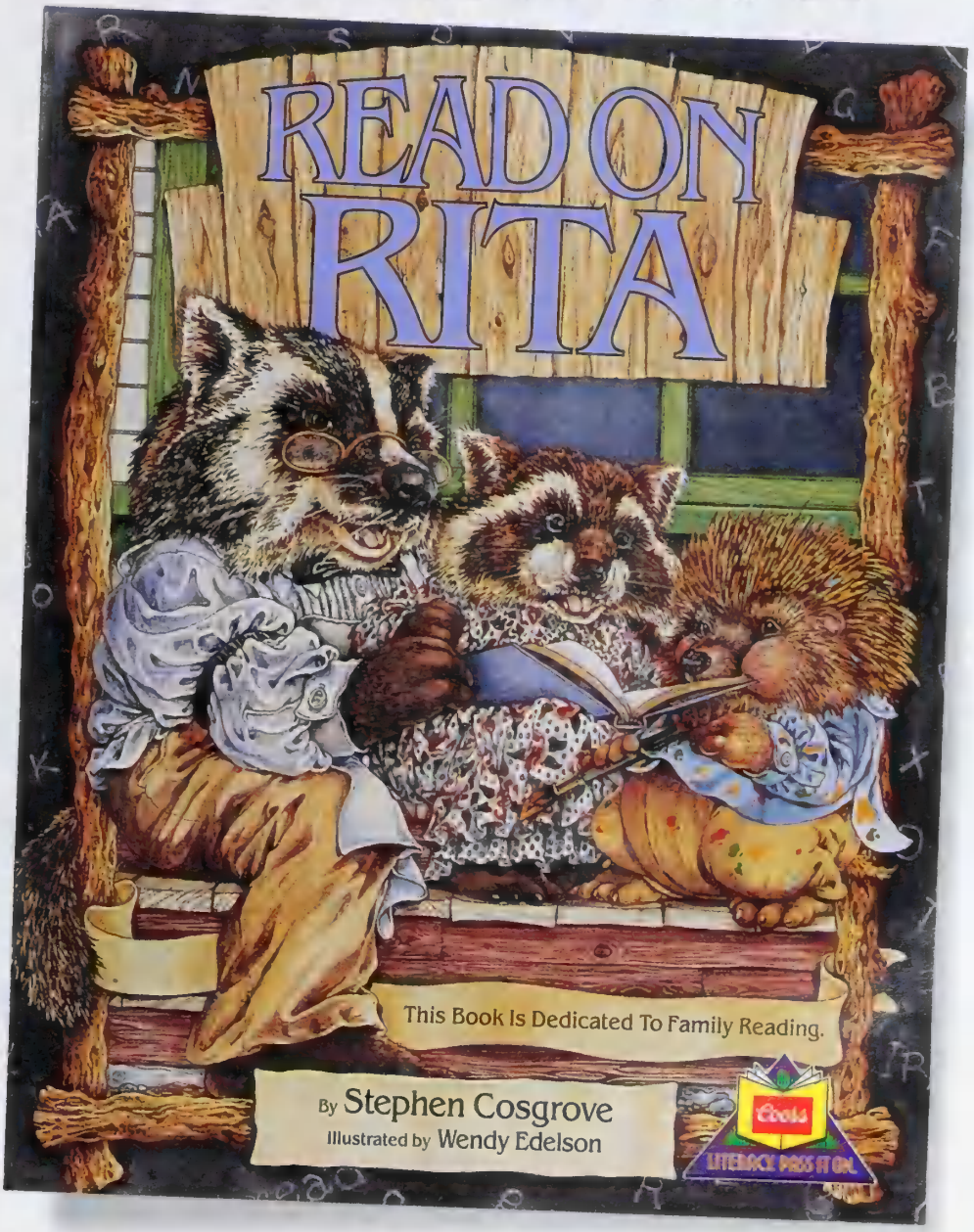
Twenty-six percent of fourth graders and one third of eighth and twelfth graders said they had fewer than ten books of their own at home.*

The TV generation

Short of banning TV altogether, what can you do? The pros at Reading Is Fundamental suggest ways to use TV to keep your children thinking and reading:

- Monitor how much TV your child watches (include time spent playing Nintendo). Set rules and stick to them despite complaints. If you're fair, kids will abide by them.
- Let them watch *Beverly Hills 90210*, but point out shows that feature their special interests or subjects they are studying in class.
- When possible, watch shows with your kids. Instead of randomly flipping the dial, read listings together and decide at the beginning of the week what programs the family can watch together. Look for documentaries, *NOVA*, *National Geographic* specials, *Reading Rainbow*.
- Did they love watching the videos of *Wind in the Willows*, *Charlotte's Web* or *The Swiss Family Robinson*? Remind them that they were books first!
- Clip articles from magazines and newspapers about topics treated in TV shows and movies or even articles about one of the show's stars.
- Turn TV time into a geography lesson. Is the show set in Hawaii? Pull out the atlas and see where it is. Look up Hawaii in the encyclopedia.
- Pretend you're screenwriters. Watch a show with your children until the last five or ten minutes; turn the TV off but tape the ending. Meanwhile, have older kids write, younger ones talk, about how they think the show ends. Rewind the tape and compare.

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TOP: NANCY HARRIS WITH STUDENTS EVAN FLOYD AND APRIL CATES, BOTH TWELVE, IN SAN DIEGO. BOTTOM: THREE-YEAR-OLD RHONDA BISHARA, OF KNOXVILLE

(continued)

Konigsburg); stories of other cultures, such as *Norse Gods and Giants* or *Greek Myths*, by Ingre and Ed D'Aulaire; *Mrs. Frisby and the Rats of NIMH* (Robert C. O'Brien); as well as books about kids just like them, which means any of the Beverly Cleary books; *Sarah, Plain and Tall* (Patricia MacLachlan); *Bobby Baseball* (Robert K. Smith); and *Fudge-a-mania* (Judy Blume). . . Encourage them to be storytellers, to make up their own tales or to make a tape of a favorite book or story and give it to a younger sibling or cousin.

FOURTH GRADERS

The fourth grader is conscious of rules; winning and losing is important, so is right and wrong, and they like to keep track. Recipes and manuals hold new appeal for these youngsters who want to figure out what makes things tick—and what makes *them* tick.

What they need Again, books about kids like them—*How to Eat Fried Worms* (Thomas Rockwell), *Tales of a Fourth Grade Nothing* (Judy Blume); *Harriet the Spy* (Louise Fitzhugh); books that deal with emotions, such as *Tuck Everlasting* (Natalie Babbitt); *Tar Beach* (Faith Ringgold); *The Lion, the Witch and the Wardrobe* (C.S. Lewis); and *The Wind in the Willows* (Kenneth Grahame).

If you've laid a firm foundation, by the time they are in the fifth grade, youngsters will be choosing their own books for pleasure as well as information. If you don't have a reader, don't despair—and don't nag! Make reading a part of your family's daily life and set a good example (when was the last time you picked up a book instead of turned on the TV?). Leave magazines around the house on subjects that interest them. ■



YOU'RE WANTED!

Get involved in RIF, too. If you'd like to make a contribution, send your donation to Reading Is Fundamental (your contribution is tax deductible): RIF, 600 Maryland Ave. SW, Suite 500, Smithsonian Institution, Washington, DC 20560. Or send a proof-of-purchase label from one of the participating advertisers listed below to LHJ, 100 Park Avenue, New York, NY 10017. For each one received, the Journal will contribute $1, up to $5,000, to RIF. Del Monte Snack Cups, Goldwyn Rockadoodle, Hi-C, JELL-O Jigglers, Johnson Aveeno, Lipton Side Dishes, Nabisco Lifesavers, Nabisco Teddy Grahams, Oshkosh B'Gosh, Sears KidVantage, SHAKE n' BAKE.



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pet news

Keeping your cats and dogs healthy and happy. By Nina Keilin

Volunteering: a new leash on life

If you can't keep a pet right now, or you have one but want to work with animals, here are some wonderful ways to help out.

TAKE A HIKE Most shelters need volunteers to walk dogs and do other chores—match pets with prospective owners, groom animals to make them more appealing, even foster sick animals at home. Contact your local shelter.

GO INTO THERAPY Pet therapy, that is. The Delta Society, an organization that promotes the connection between people and animals, sponsors a nationwide program called Pet Partners. After training, you and your pet are certified to visit people at nursing homes, schools, hospitals and prisons. (You can also participate even if you don't own an animal.) Contact Delta Society at P.O. Box 1080, Renton, WA 98057-1080, or call your local humane society.



YOU CAN TAKE THEM ANYWHERE: INTERNATIONAL GUIDING EYES VOLUNTEERS PREPARE THEIR CHARGES FOR A PRACTICE TRAIN RIDE IN LONG BEACH, CALIFORNIA

GUIDE A PAW If you can bear to raise a puppy for a year and then give him up, you can do a lot of good. Organizations that supply assistance dogs for the disabled need volunteers to socialize pups for the specialized training they'll receive later on. Call Canine Companions for Independence (707-528-0830), International Guiding Eyes (818-362-5834) and Dogs for the Deaf (503-826-9220).

LEND A HAND People with AIDS are often hospitalized periodically and cannot care for their pets. Volunteers go to patients' homes to walk dogs and feed cats, birds, hamsters and fish. Call the Pet Support Network (206-328-8780), PAWS (415-824-4040) and POWARS (212-744-0842). —LESLIE VREELAND

When you lose a friend

PETS BRING JOY TO OUR HEARTS, AND WHEN THEY DIE, WE OFTEN NEED TO GRIEVE AS WE DO AFTER THE DEATH OF SOMEONE CLOSE TO US. HERE, FROM DIANE KELLEY, PH.D., A LOS ANGELES PSYCHOLOGIST WHO SPECIALIZES IN BEREAVEMENT COUNSELING, ARE SOME IDEAS FOR GETTING THROUGH THOSE FIRST DAYS

■The most difficult part may be making the decision to let go when a pet is old and sick. Discuss it with your veterinarian. Humane societies also have counselors who are trained in helping people work through this process. Most of all, since you've done all you can, don't blame yourself if you feel you can no longer care for an animal who is very ill.

■Afterward, let yourself grieve—you have the right. You've lost a friend, protector and family member.

■Try to forgive yourself for mistakes. If you obsess over thoughts like "If only we saw the vet sooner," you won't be able to move on.

■Change your daily routine. If you normally took a walk in the morning with your pooch, start reading the newspaper instead.

■Don't lie to young children about where the pet has gone. This robs them of the chance to grieve. Use honest language. Don't say the dog "fell asleep," which could be scary. Help them make a scrapbook with pictures of the beloved pet, save toys and other mementos, and let them write down their feelings.

■You may want to have a backyard burial for the kids' sake, but you should know that it may be illegal in your community. Your veterinarian can dispose of your pet's remains or recommend a reliable facility for cremation or burial.

■Should you get a new pet—and when? Most people find it too painful to do right away. It's probably best to wait a few weeks or months, until you can devote all your energies to forming a bond with another animal.

For more information about support groups and grief-counseling programs, call 916-752-4200. —SUSAN TELLEM



Heartworm disease can be deadly to your dog, and it's spreading throughout the country. Because your dog is your special friend and you care about its health, it is important to choose a heartworm preventive with demonstrated effectiveness, and one that your dog will enjoy taking and you'll find easy to give.

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MSD AGVET PRESENTS

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Ladies' Home Journal
April 1992



Ten o'clock on a Saturday morning in beautiful Brentwood, California, Roseanne Arnold is serving up steaming bowls of oatmeal—enlivened not only by raisins but also blueberries, strawberries and raspberries. Sans makeup, she's dressed in an oversize peach sweater and jeans, and she putters capably about her gleaming tile kitchen. Husband Tom Arnold is sleepy-eyed in a rumpled red knit shirt and red shorts. "Rosey makes the best oatmeal in the world," he brags. "Aw, sometimes you like yogurt better," she counters amiably.

Can this really be our Roseanne? Eating smart? Bantering like a newlywed with her adoring spouse of two years? So it seems. "I'm a healthier person," TV's top comedienne says. "I'm a different person."

Certainly she *looks* different. For starters, thanks to a 1,400-calorie-a-day regimen, she has pared more than seventy pounds from her five-foot-two-inch, 240-pound frame. She plans to continue dieting and lose about forty more, as does Tom, who's already dropped more than one hundred pounds himself. Weight loss is not the only thing that's changed. Roseanne's figure, she's [illegible]

(continued on page 54)

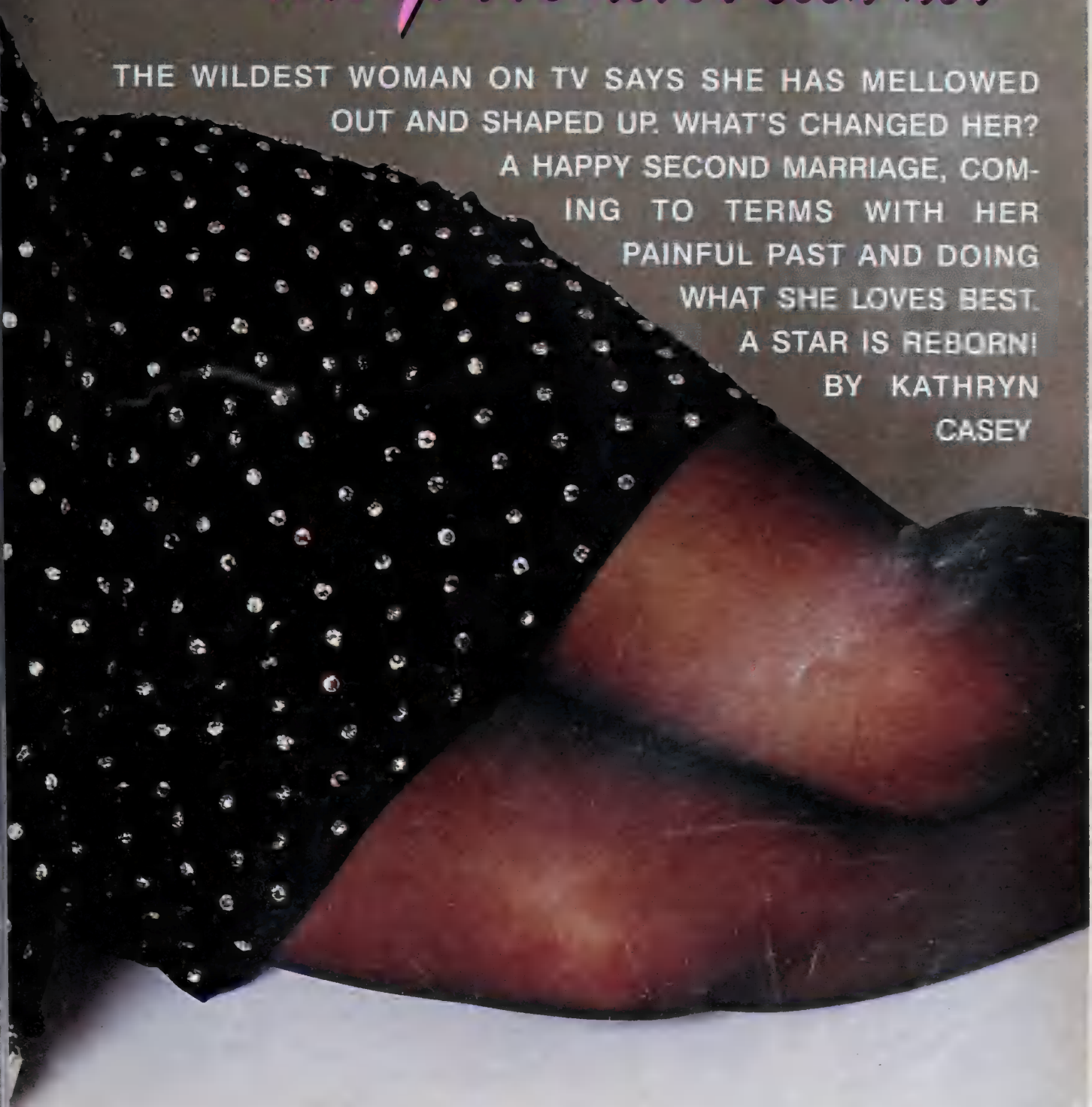
Photo, Francesco Scavullo; black dress with white diamond studs, Richilene for the Forgotten Woman; jewelry by Butler and Wilson at Fragments; shoes by Manolo Blahnik.

ROSEANNE

like you've never seen her

THE WILDEST WOMAN ON TV SAYS SHE HAS MELLOWED OUT AND SHAPED UP. WHAT'S CHANGED HER? A HAPPY SECOND MARRIAGE, COMING TO TERMS WITH HER PAINFUL PAST AND DOING WHAT SHE LOVES BEST. A STAR IS REBORN!

BY KATHRYN CASEY





OUR ALL-STAR TEAM SURROUNDS ROSEANNE. FROM LEFT: HAIR PRO HARRY KING, FASHION STYLIST SEAN M. BYRNES, ENTERTAINMENT EDITOR JILL RACHLIN, MAKEUP WIZ KEVYN AUCOIN, BEAUTY AND FASHION DIRECTOR LOIS JOY JOHNSON

Makeover magic

HOW DID LHJ WORK ITS WONDROUS TRANSFORMATION?

Makeup wizard Kevyn Aucoin explains:

"When I sat down with Roseanne, she had no makeup on and her hair was pulled back, which gave me a perfect opportunity to study her face.

"The first thing I noticed were her eyebrows, which I didn't think were shaped to her best advantage. I took out my tweezers and created a big arch, which really opened up Roseanne's eyes. I could already see an enormous difference in her appearance.

"Next, I applied an undereye cover cream, a light shade of foundation and loose transparent powder. Roseanne has really good skin—so all I had to do was even out the color.

"Then I filled in her brows with a dark-brown pencil, following the newly shaped arch. I lined her upper lids with black eyeliner pencil and retraced the line with black eyeshadow for dramatic emphasis. To soften the hard edges of the pencil, I extended the shadow slightly past the outer corners of her eyes. Since Roseanne's eyelids droop a little bit, much like Lauren Bacall's, I darkened the crease with black liner and followed with a brown powder shadow for a smoky look. I finished by dusting a pale taupe shadow over the entire lid and browbone.

"To make Roseanne's eyes even wider and more glamorous, I added false eyelashes at the outer corners and applied lots of black mascara.

"Apricot blush warmed up her face instantly—I applied it on the apples of her cheeks and extended the color toward her hairline. I chose a red lip liner to define her mouth, and filled it in with a subtle red-brown lipstick. The result? Ravishing!"

Then stellar stylist Harry King, of New York City's Stephen Knoll Salon, stepped in:

"Though Roseanne's hair isn't terribly thick, it didn't take long to make it shiny and full of body.

"The first thing I did was apply a bit of gel to alter her hair's natural texture. Next, I added a volumizing spray to add more body. I applied the heat of a hair dryer for a few minutes to increase the body even more and then separated the hair into big chunks and set it in hot rollers for just five minutes.

"Finally, I removed the rollers, arranged her hair, and applied a conditioning finishing cream for beautiful shine."

My dream house

Decorating is so cool! I tried to make the living room of our Tudor-style house in California elegant but cozy. It's kind of grandmotherly, with hand-embroidered pillows, hanging rugs, family photographs and a shawl draped over the piano—a player piano, that is. In the kitchen, I remodeled for more storage and counter space.





Then I chose brightly colored hand-painted tiles and copper cookware to give my new kitchen an old-fashioned country feel. Next, on to Iowa!

N  Salt.*

Less Than 10 Cal  ries.**

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S  G  d.

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Per piece.
xcept Butter Rum.

Tom and Roseanne's marriage guide

His advice to husbands

■ Listen to your wife. Listen all the time. And *let her know* you are listening. Because if she thinks you don't listen to her enough, she'll think you don't love her.

■ Talk to your wife. Talk to your wife even if you have nothing to say. Think up conversational topics when you're not around her and write them down. Because if she thinks you don't talk to her enough, she'll think you don't love her.

■ Look at your wife. Look at her even when her back is turned. Look at her eyes, her clothes, her feet. Because if she thinks you don't look at her enough, she'll think you don't love her.



■ Spend time with your wife. Think of things you both love to do. Do them. Think of things she loves to do that you can tolerate. Do them. Think of things she loves to do and you despise. Do them. Because if she thinks you don't spend enough time with her, she'll think you don't love her.

■ Romance your wife. Send flowers, write notes, apologize. Romance her when you're tired (after the game). Romance her when you're really tired (after working out). Romance her when you're really, really tired (after *The Arsenio Hall Show*). Because if she thinks you don't romance her enough, she'll think you don't love her—and if she thinks you don't love her, *you will pay*.

Her advice to wives

• *Men are simple. Even though we have suspected this for years, popular wisdom (created, of course, by men) encourages us to ignore the facts. Don't.*

• *Because men are simple, they are not physically capable of handling more than one task at a time. Women can easily cook dinner, feed the baby and talk on the phone all at once. Were a man to try this, he would probably explode. So don't ask him to (after all, you're the one who'll have to clean up the mess).*

• *Men do not converse as well as women do. Men don't even speak English as well as women do. Their language consists of grunts, sighs and a handful of offensive noises left over from their teenage years. Forget about deep, meaning-of-life conversations—if he speaks to you for an uninterrupted five minutes a day, consider yourself lucky.*

• *Oddly enough, while men cannot remember basic facts—like your dress size or your anniversary—they can recite from memory every statistic from every football game that took place during the last six years. The trick, then, is learning how to relate important events in your life to football.*

• *Men have no experience "taking hints." Your attempts at subtlety—which work so well with your female friends—will get you nowhere with your husband. Put aside your feminine wiles and ask directly for what you want. He'll be so happy that, for once, he understands you, he'll give you anything you want.*



Cioppino Arnold

This is the kind of food we love to eat, with lots of flavor and spice. And there's hardly any fat!

Heat 1 tablespoon olive oil over medium-high heat in a 5-quart Dutch oven. Add 1 cup each chopped onions and green peppers, 1/2 cup chopped celery, 1/4 cup chopped green onions and 1 1/2 teaspoons chopped garlic. Cook, stirring occasionally, until tender, 10 minutes. Stir in 1 can (48 oz.) mixed-vegetable or tomato juice, 1 can (28 oz.) whole tomatoes, 1 vegetable bouillon cube, 1 bay leaf, 1 1/2 teaspoons red pepper sauce and 1/2 teaspoon Cajun fish-seasoning



blend. Bring to a boil, reduce heat and simmer uncovered 1 hour.

Stir in 1 dozen each clams and mussels, scrubbed, and 1/2 pound each medium shrimp, peeled and deveined, and sea bass fillets and crab legs, both cut into 1-inch pieces. Cover and cook until clam and mussel shells are opened, 5 to 8 minutes more. (Discard any unopened shells.) Discard bay leaf. Makes 10 cups.

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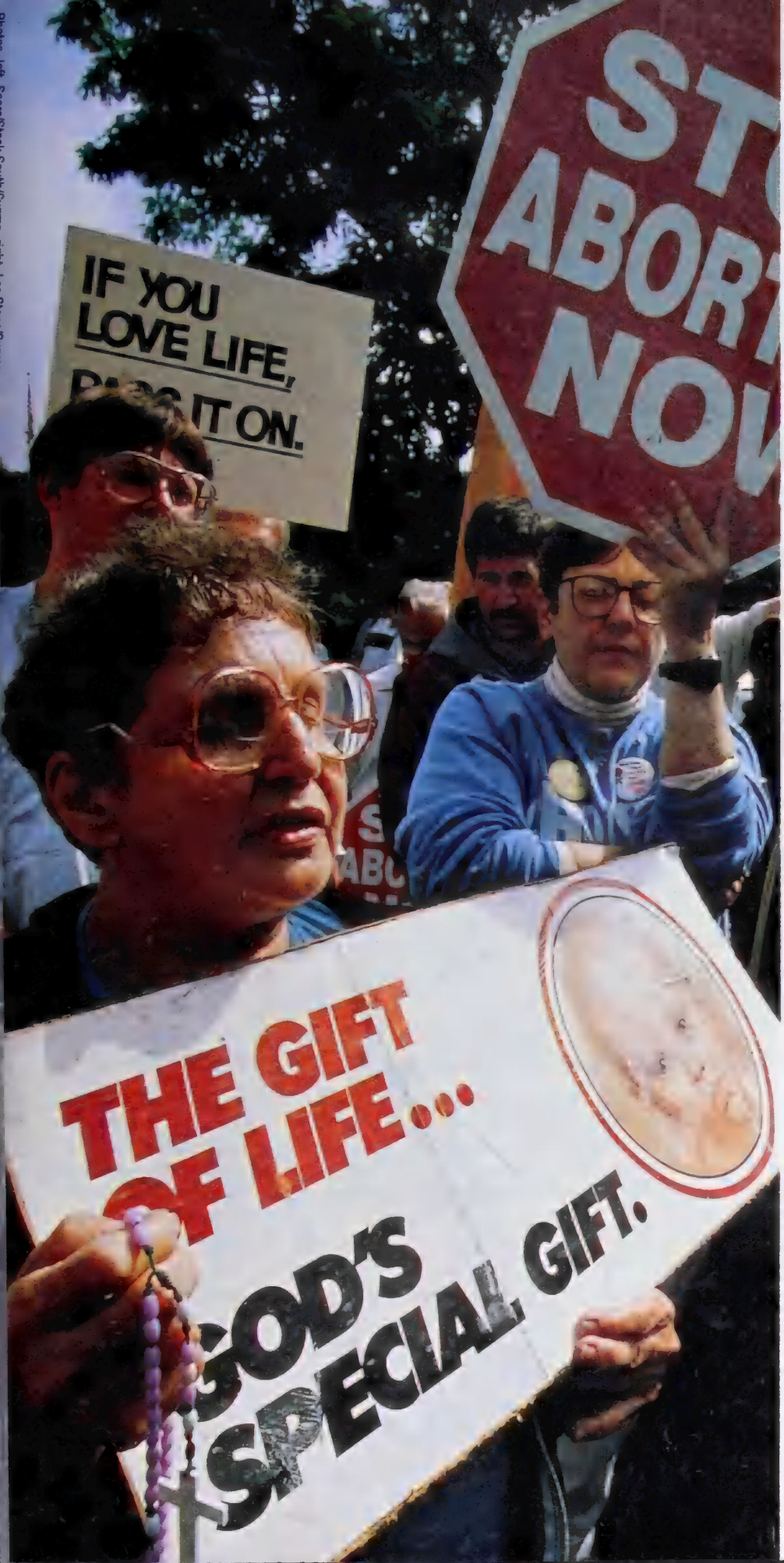
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ABORTION



Notes from the war zone

AS THE SUPREME COUR CONSIDERS AN ABORTIO CASE THAT IS LIKELY TO ALTER OUR LAWS AND OUR LIVES PROFOUNDLY THE EDITORS OF LADIES HOME JOURNAL BELIEVE IT IS MORE IMPORTANT THAN EVER TO TAKE A CLEAR-EYED LOOK AT THIS CRUCIAL ISSUE. FOR THIS SPECIAL REPORT, WE SPOKE TO EXPERTS, ADVOCATES, AND, ESPECIALLY, TO WOMEN. PLUS: A CHANC TO MAKE YOUR VOICE HEARD IN THIS DEBATE.



Beverly Ladnier, gregarious and outspoken, talks easily with her family, friends and co-workers about any number of subjects: her eight-year-old son's progress in school, her work as a collector at an oil and gas company in Houston, the toddlers' program she directs in her Catholic parish. But there is one topic she will never bring up, though it matters deeply to her: abortion.

"It's taboo," Ladnier, thirty-nine, says matter-of-factly. "The only other person I've ever talked with about this is my husband, and he's very religious. He lets me voice my opinions, but he warns me against voicing this one in the church."

That's because Ladnier's opinion—ambivalent, complex, carefully formed—runs counter to that of the church of which she is a devout member. "I don't believe abortion is the right thing to do," she says. "But in some situations, like incest, rape, or when a child is really unwanted, it may be the only thing to do. Personally, I believe that it's a human being. But we have to make decisions on a one-by-one basis. . .I do believe that every woman should have a choice."

Mindful of the turbulent emotions the issue generates, Ladnier doesn't think she'll be discussing her opinion anytime soon with the people she knows. "Why stir up a hornet's nest?" she says. "It's just too *(continued)*

BY JANE FARRELL

(continued) hard." She does, however, acknowledge that she'd like to talk about the subject with a priest. "I'd ask him," Ladnier says quietly, "if I'm the only one there who feels this way—and if I'm going to hell because I do."

Unheard voices

Ladnier's thoughtfulness, pain and ambivalence are felt by millions of other women, the so-called "muddled middle" who have finely calibrated opinions about abortion. They will probably never be found marching for their views, either in pro-choice demonstrations, like the "We Won't Go Back" rally planned for April 5 in Washington, D.C., or pro-life parades like the Washington "March for Life" last January on the anniversary of *Roe* v. *Wade*. This is why their voices are seldom heard, although they make up a majority of women.

"The majority of Americans are in the middle, but no one talks about it, and moderate positions just don't tend to generate public policy," says Celeste Condit, associate communications professor at the University of Georgia and the author of *Decoding Abortion Rhetoric: Communicating Social Change* (University of Illinois Press, 1990). While researching her book, Condit studied *(continued on page 189)*

THE LAST CLINIC

IN FARGO, NORTH DAKOTA, THE ABORTION CONTROVERSY CENTERS ON THE STATE'S REMAINING FACILITY.

Eleven years ago, the Fargo Women's Health Organization opened a clinic in a ramshackle two-story house in the center of town. The event was marked by a rally of five hundred demonstrators, and others have returned every week since then in an effort to close its doors. Twice in the last year protestors have entered the premises and chained themselves together before being dragged away by police. Why? In addition to ordinary gynecological care, the clinic provides abortions, and it is the only place left in the state where a woman can legally terminate a pregnancy.



On a typical Thursday outside the clinic, one of the two days a week abortions are performed, half a dozen demonstrators march back and forth through a chilly wind, chanting slogans like "Mommy, don't kill me!" at arriving patients. Cheryl Dupuy, a bespectacled thirty-six-year-old who administers a home for unwed mothers, has shown up each week for over a year. Most patients ignore her and hurry inside, but when a young couple does stop, Dupuy hands out two brochures: one depicting a developing fetus, the other describing how to cope with the emotional stress of an abortion. "I tell them that there are options: a maternity home, financial assistance and medical care," she says.

Inside the clinic, the low-key administrator, Jane Bovard, forty-nine, tries to ignore the tumult. If it's noisy, she sometimes turns on loud music as she escorts *(continued on page190)*

TELL US WHAT YOU THINK

Ladies' Home Journal believes that all women, no matter what their opinion about abortion, should make their voice heard in the debate on this complex and painful subject. To that end, we ask you to participate in this poll. The results will be presented to the national committees of the Democratic and Republican parties as they prepare to consider the issue at their conventions this summer, and Ladies' Home Journal will publish the findings in a future issue. Each call costs 75 cents, which will help defray the cost of the phone line. You need a touch-tone phone to participate. Call 900-773-1717 between 8 A.M. Eastern time on Monday, March 16, and 11:59 P.M. Eastern time on Sunday, April 5. This is what you will hear on the call:

QUESTION 1: WHEN SHOULD ABORTION BE ALLOWED?
Press 1 for in all cases
Press 2 for the first six months of pregnancy
Press 3 for the first three months of pregnancy
Press 4 for only in cases of rape or incest, or if the mother's life is endangered
Press 5 for never

QUESTION 2: SHOULD A WOMAN BE REQUIRED BY LAW TO GET HER HUSBAND'S PERMISSION BEFORE SHE CAN HAVE AN ABORTION?
Press 1 for yes Press 2 for no

QUESTION 3: WOULD YOU VOTE FOR A PRESIDENTIAL CANDIDATE BASED SOLELY ON HIS POSITION ON ABORTION?
Press 1 for yes Press 2 for no



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STYLE

PINK MAKEUP, WHITE FASHION: IT'S THE DYNAMIC DUO THAT GETS YOU NOTICED WHEN YOU'RE OUT AND ABOUT THIS SEASON. BACK HOME, TAKE COMFORT IN FAMILY ROOMS THAT ARE ALL ABOUT EASE



Photo, Richard Dillon; makeup, Linda Mason for Linda Mason Elements; hair, Didier Martheleur for Pierre Michel at the Plaza; pantsuit, Assembly Line; tank, Mary Jane Marcasiano; silver pin and bracelets, Fragments; umbrella, Shedrain; gloves, La Crasia; manicure by Roxanna for the Warren Tricomi Salon; model, Jill Sorenson of Ford.


Pale pink lips plus a strong eye equals
Audrey Hepburn glamour, nineties-style

Pretty in PINK

It's the fashionable, ultrafeminine shade of the season, the color that top designers and makeup pros say is the ultimate flatterer. Anyone can wear it, and with a palette that ranges from delicate shell to dramatic fuchsia, being in the pink can be as soft or sophisticated as you please.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR



Apply foundation, then prime lips and eyes with concealer to eliminate any bluish undereye circles and dark lip pigment.



Create a dramatic eye by lining upper and lower lids with charcoal pencil. Concentrate color at outer eye, easing gradually toward nose (three quarters of the way in). Upper lid line is big and fat, then blended down into lashes.



Go over liner with deep smoky shadow; set pencil line. Apply more shadow, with emphasis at outer eye: Stroke sponge applicator onto shadow and lightly deposit color at outer eye corner; sweep three quarters of the way across lid. Blend pale pink highlighter on inner lid.



Brush brows and pencil in a more defined arch. Add false lashes at outer corners for eye-opening appeal, or curl lashes and apply two coats of black mascara.



With pale lips you can go for a stronger eye and stronger cheek. Makeup artist Rex concentrates rosy blush right on the ledge of cheekbone for definition.



Pale, slightly frosty lipstick looks new and is easy to wear. Treat dry or chapped lips with a medicated balm to smooth before application, if needed.

All photos, J. Hill. All hair, Harry King for the Stephen Knoll Salon; all makeup, Rex. Manicures by Roxanna for the Warren Tricomi Salon. All makeup L'Oréal: Mattique Illuminating Matte Makeup in Nude Beige; Mattique Conceal Cover-Up in Soft Ivory; Le Grand Kôhl Perfectly Soft Eye Pencil in Onyx; Voluminous Mascara in Black; Couleur! Couleur! 8 Hour Eye Shadow in Roseplum; Microblush Softly Sheer Cheekcolour in Très Pink; Crème Riche Lipstick in 357 Pink Sportif; Creme Nail Enamel in Think Pink. Model, Alison Moir of Next. Dress and jacket, Tom and Linda Platt; hat, Eric Javits; earrings, Eric Beamon at Showroom Seven.

Pretty in PINK

Prefer a bold pink mouth? Precise application is essential. And when lips are this bright, keep cheeks, eyes and nails on the light side



First, prime skin with a sheer hydrating beige foundation that has a slightly pink undertone for natural-looking radiance and allover glow. Make sure application is even—be careful of pooling around nose.



Dust on warm apricot shadow at the inner brow corner to shade the sides of the bridge and the entire browbone area. Deep-brown shadow is applied in the crease and along the outer half of the upper lid in a sideways V shape. The goal is a neutral eye that's defined with minimal color.



Dark-brown liner at lashline amplifies eyes. Pencil in fullness to brows and brush up for a rounded arch (be sure to match brow pencil to natural brow color).



A soft, natural shade of pink blush (an instant de-ager) is applied to cheeks using a big fluffy brush so the color is diffused. Twist-turn (don't stroke on in a slash) the brush on the cheek apples to concentrate the color.



Use a big velour puff and a touch of pressed translucen powder to mute the edges of blush so they blend seamlessly into skin for the most natural look.



A true rich pink looks best on well-shaped lips that have distinct borders: Line lips and fill in with color. Then *reline* to crisp up the shape. A spotlight of pale-pink lipstick at center of bottom lip gives a sexy pout.

All makeup L'Oréal: Hydra Perfecte Protective Hydrating Makeup SPF 10 in Shell Pink; Couleur! Couleur! 8 Hour Eyeshadows in Couleurs Terrepeach; Le Grand Kôhl Perfectly Soft Eye Pencil in Café; Microblush Softly Sheer Cheekcolour in Pink Delicat; Mattique Oil-Free Softly Matte Pressed Powder in Soft Ivory; Crème Riche Lipstick in 309 Pinkest; Creme Nail Enamel in In the Pink. Model, Nathalie Linder of Next. Suit and halter, Emanuel Ungaro; earrings and ring, Kristin Welch.


Pink is natural for a healthy glow, the
perfect antidote to tired, stressed skin

white hot



SOPHISTICATED, SPORTY, NEWLY SEXY . . . IT'S TIME TO CELEBRATE THE STUNNINGLY SIMPLE WHITES OF SPRING.

White time is the right time for a little romance. Here, the sheer indulgence of an embroidered blouse and camisole is pure charm. Pair with the flattery of lightweight wool trousers and ballet slippers in bold gold. (And instead of wearing your heart on your sleeve, try wrapping it around your waist!) Blouse and camisole, Beth Schaeffer; trousers, Country Road; belt, Erwin Pearl; shoes, Sam & Libby; hose, Liz Claiborne; earrings, Fragments. Model, Jill Sorenson of Ford.

All photos, Richard Dillon; hair, Didier Martheleur for Pierre Michel at the Plaza; makeup, Linda Mason for Linda Mason Elements; manicurist, Roxanna for the Warren Tricomi Salon.



The white suit: weekend-worthy classics that are meant to mix and match. A great white cotton shirt gets up-to-date stan with French cuffs. Team with a chunky cabled sweater and waffle-patterned leggings for the textural impact white dressing demands. A jean jacket in white is hip, and white leather mules sport style and substance. Got the white idea? Shirt, Equipment; sweater, But Gordon?; jean jacket, Guess by Georges Marciano; leggings, Beth Schaefler; shoes, Rene Caty; silver pendant, Patricia von Musulin. Model, Fabienne Heymans of Men/Women.



Sex appeal makes a statement the great white way with sleek new basics. Jeans are topped with this season's strong point, a ribbed mock-turtle body sweater. A white leather biker jacket is unexpected fun. Count on the right accessories to prevent a whiteout: a metallic mesh-link belt and chic taupe suede loafers. A belt bag keeps you on the go, and with a future so white, you'll need to wear shades. Jeans, Guess by Georges Marciano; mock turtle, Country Road; leather jacket, Vakko; belt, Carole Little; loafers, Robert Clergerie; socks, Adrienne Vittadini; bag, La Bagagerie; sunglasses, Alain Mikli; bracelets, Fragments.



A streamlined standout, three easy pieces make for one crisp look. A wardrobe wear-with-all trench coat is livelier and lovelier in white. Perfect for day or night, it'll keep the form-fitting finesse of a knit tee and tube skirt under wraps. For a dazzling effect, add shimmery tights and the retro sparkle of silver T-strap flats. Trench, Drizzle; tee and skirt, Nicole Farhi; tights, Hue; shoes, Sam & Libby; knapsack, La Bagagerie; gloves, La Crasia; earrings, Fragments.


Family
matters



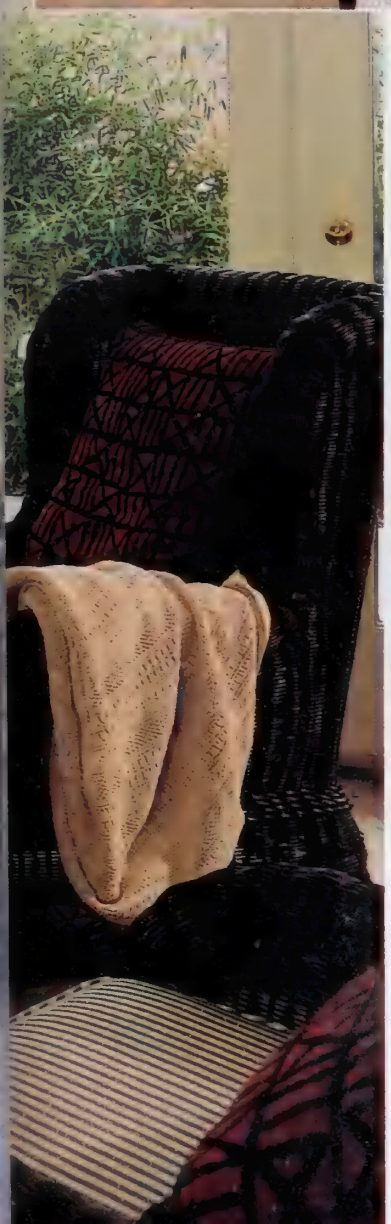
WHAT MATTERS MOST TO FAMILIES TODAY? SPACIOUS ROOMS THAT OFFER COMFORT AND HIGH-TECH FRILLS, WITHOUT COMPROMISING STYLE.
BY TAMARA SCHNEIDER, CREATIVE DIRECTOR

In part three of our series on the New American Home, a showhouse that *LHJ*, *Builder Magazine* and *Popular Science* created for the Home Builders Show, in Las Vegas, we focus on a family favorite, the family room. What was once a space to stash the TV has evolved into a smartly designed all-purpose room, one that's sturdy enough to withstand Little Leaguers. At left, classic sofas and chairs get a punch of personality from a little extra stuffing and a lot of strong stripes. A sleek, space-saving built-in wall unit hides a sound system but displays the luxury of a large-screen TV. Easy-care stone floors and Scotchgard-treated fabrics keep the space as practical as it is fashionable.

Home furnishings by JCPenney; interior designers, Michael Foster and Charles Riley; architect, Ron Goldman, of Goldman/Firth/Boccato, Los Angeles; builder, Christopher Homes, Las Vegas. Details, page 174.







ABOVE, A HOME OFFICE LOOKS ELEGANT WITH SLEEK WOOD AND SLIDE-OUT STORAGE. BELOW, A GUEST ROOM GETS OPTIMUM USE—A GREAT PLACE FOR SEWING, CRAFTS, EVEN A LITTLE EXERCISE

Far left: For families that don't like to stay indoors, this is a room with easy backyard access. A wall of windows lets the sun shine in, and double doors put outdoor living just a few steps away. The charm of wicker keeps this room warm and inviting. Blue-and-white-striped cushions lend a crisp background for the unexpected touch of bold batik pillows. But this room's more than just a pretty space: A corner alcove houses a home office for taking care of business. The Shaker desk and high-backed chair are sophisticated but simple, and blend into the rest of the decor beautifully. A big plus: There's plenty of space to keep home-office necessities, like a computer and fax, out of sight.

A room that does triple duty as a den, guest room and sewing room, below, is guaranteed to get the most use. A fold-out sofa bed keeps linens-at-the-ready under wraps, but piled with pillows, it becomes a cozy spot to read and relax. Bonus: The ottoman has a hidden compartment to store bedtime extras. A six-drawer dresser allows guests to stow small essentials and provides a place to store supplies for sewing or any other hobbies. A streamlined table easily supports a TV without sacrificing a work-ready surface. Even a stationary bike gets tucked in the corner for home-fitness fans, making this a family room for all reasons.

—Susan Swimmer



continued from page 130

top heavy. In December, she had a breast-reduction operation—one and a half pounds off each breast—bringing her DD figure down to a more restrained D. "I've been thinking about it forever," she says. What's motivated her—after years of disdaining dieting—to make these changes now? "It's all a part of recovery."

The recovery Roseanne refers to is an all-consuming obsession. At age thirty-nine, she declares, she is finally ready to exorcise the painful ghosts of her past—a past that, she charges, included sexual, physical and psychological abuse by her parents.

THE OLD ROSEANNE

Last October, Roseanne made her shocking allegations against her father and mother before an audience of adult incest survivors and therapists at a Denver Presbyterian church. Her stories were quickly picked up by the press, and she soon added more accusations: that her father had also molested her two sisters and her own daughter Jessica, now seventeen.

Since she came forward, charges and countercharges have torn her family apart. For the record, Helen and Jerry Barr deny that they sexually abused any of their children or grandchildren. To explain why their oldest child would say such a thing, they blame—among other things—a disagreement over money. They've been involved in a dispute over whether Roseanne owes them licensing fees for the rights to use their story and likeness in her work.

Both parents readily admit, however, that violence was far from a stranger in their lower-middle-class house in Salt Lake City, where Roseanne grew up. Jerry, a one-time high school football player, has admitted hitting Roseanne and his other children on more than one occasion. Stephanie, Roseanne's youngest sister, categorically denies, however, that she was a victim of incest. Geraldine—Roseanne's middle sister, who has filed a $70 million breach-of-contract lawsuit against the star—is less adamant. "I do not believe that I am a survivor of incest," she has said, "but I do think that I came from a dysfunctional family."

Now Roseanne is no longer on speaking terms with any family members. "It's what happens after you tell that is just awful," she says, her eyes glazing over with tears. "In fact, if I'm going to be real honest, it's ninety-nine percent more frightening than [the] telling. What's so tough about this," she adds, "is that I love my mom and dad." Might they reconcile one day? "No. They'd have to admit they did it, stop doing it and get treatment. They have to say I'm sorry. And I don't see that in my lifetime or their lifetimes."

BUILDING A NEW LIFE

These days, Roseanne's life centers around her new family, the one she's rebuilding with her second husband, Tom Arnold. (Her first marriage, to Bill Pentland, which lasted more than sixteen years, ended in divorce two years ago.) Some have cast Arnold as the star's Svengali, controlling her life, cutting her off from her family. To Roseanne, it's much simpler; Tom is her soulmate. "Being with him has really changed me and my work," she says, smiling broadly. "I think because Tom was there it made it easier. Because he was everybody's strong guy, even for the kids."

When Roseanne and Tom married, she says, her children—Jessica, Jennifer, fifteen, and Jake, thirteen—were skipping thirty to forty days of school a year. Now, she says, all are doing well: The girls are enrolled in a boarding school in Idaho, and Jake lives at home and attends prep school.

"I hope to God I've been through the hardest part," reflects Roseanne.

Then there's Brandi—the illegitimate daughter she gave up for adoption two decades ago. Now twenty, Roseanne's oldest is a student at a Texas university. Newfound mother and daughter talk on the phone, and Brandi visits occasionally. "It's a good relationship," says Roseanne. "It will get even better as our lives go on."

Roseanne says Tom's own allegations that he was sexually abused by a baby-sitter when he was between the ages of four and seven prompted her to recall her horrific memories. She says that she now believes the two recognized something in each other, that both had been victims of childhood sexual abuse. "All of us can see it in each other," she says. "We both think that's what we first latched onto."

With the help of extensive therapy—individual as well as family—all the Arnolds are striving to move on. "With treatment you realize that it's not your fault," she says. "Because of the guilt and shame you feel, you've got to go through all that and own up to it, or you'll never get past it."

Tom has also been a calming professional presence, according to Roseanne. When her sitcom started four years ago, it was repeatedly rocked by feuds and stormy exits. Now, with Tom and Roseanne sharing the title of co-executive producers, peace reigns. Tom is also producing and developing his own ABC sitcom, in which he plays an out-of-control comedian warring with his writers. The couple have a contract for several speci with HBO and plan to produce their o TV movie. And now, Roseanne declar they're both taken seriously. "Just a y ago, they were going, like, 'He doesn't ally love her. He's an opportunist,' " s the star. "Now, he has a lot of respect."

These days, Roseanne is five pages i her second book, and there is even t she'll create her own brand of perfur "Tom says the name should be 'Stink she says, laughing. Perhaps closest Roseanne's heart, though, are the coup plans to remake the Lucille Ball–D Arnaz film, *The Long, Long Trailer*.

The Arnolds have big plans on t home front as well. One reason for physical overhaul, she says, is that wants to get pregnant. In fact, this mo she plans to have her tubal ligation versed. "I've always wanted more kid she says. "Tom's biological clock is go crazy," says Roseanne, laughing. Thou her other children have some misgivi about adding a new baby to the m Roseanne says she believes it renew all of them. "As long a have kids around, I'll be youn says the actress.

Along with a new baby, Arnolds are looking toward construction of a new hous twenty-eight-thousand-squa foot mansion on a one-thousa acre farm they own in Eldon, Iowa. house—which will be the biggest Iowa—will have an indoor pool and the amenities befitting TV's top-ra star. Much of her new family will close by; Tom's parents live in nea Ottumwa. Roseanne says it will be her treat far from the pressures of Hollywo In the middle of a cornfield, Rosea says, she'll build "my Graceland." Sl only half-joking.

No matter how far from Hollywood hides, of course, Roseanne's love for ing on the edge makes it unlikely t she'll ever stop making headlines. As *Journal* went to press, she was involve a lawsuit filed by some paparazzi foll ing a 1989 confrontation. Still, she ins she's worked her way through most of emotional baggage she lugged with from Salt Lake to Hollywood. "I hop God I've been through the hardest pa it," she says, shaking her head. "Th lived through my childhood is a mirac

Later that afternoon, Roseanne is w ing through the quiet streets of her t neighborhood. It's technically winter, in L.A. the sun is shining. "It must h happened for a reason," she says a much thought. "If I'd had this great li probably would never have come he think I worked so hard because I was happy. I was always trying to get a from where I was and on to see if t was someplace better ahead." Seemin she's finally found it.



Chicken Broccoli Vegetable Sauté

- 2 tbsp. margarine, divided
- 4 skinless, boneless chicken breast halves (about 1lb.)
- 1 cup cut-up broccoli
- ½ cup thinly sliced carrots
- 1 cup sliced mushrooms
- 1 can Campbell's® Cream of Broccoli Soup
- ⅓ cup milk
- ⅛ tsp. pepper

1. In skillet over medium heat, in 1 tbsp. hot margarine, cook chicken 10 min. or until browned on both sides. Remove chicken; keep warm.
2. In same skillet, in remaining margarine, cook broccoli, carrots and mushrooms 5 min., stirring often. Stir in soup, milk and pepper. Heat to boiling.
3. Return chicken to skillet. Reduce heat to low; simmer 5 min. or until chicken is fork-tender.

4 servings.

Prep time: 10 min.
Cook time: 20 min.

Foolproof Beef & Broccoli

- b. boneless beef sirloin steak
- bsp. vegetable oil
- clove garlic, minced
- medium onion, cut into wedges
- can Campbell's Cream of Broccoli Soup
- ¼ cup water
- 1 tbsp. soy sauce
- 2 cups broccoli flowerets
- Hot cooked noodles

Slice beef across the grain into *very* thin strips.

In skillet, over medium-high heat, in hot oil, cook beef and garlic until beef is browned. Add onion. Cook 5 min., stirring often.

Stir in soup, water and soy sauce. Heat to boiling. Add broccoli. Reduce heat to low. Cover; simmer 5 min. or until vegetables are tender. Serve over noodles.

servings. Recipe may be doubled.

Prep time: 10 min.
Cook time: 20 min.

To make slicing easier, freeze beef 1 hr.

91 Campbell Soup Company



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Stove Top

IN THE BIRD DIRECTIONS:

SIZE OF BIRD	# OF PACKAGES
UP TO 8 LBS	1
8 TO 12 LBS	2
13 TO 20 LBS	3

1. For each package, stir contents of vegetables/seasonings packet, 1/4 cup margarine and 1-1/2 cups hot water in large bowl.
2. Stir in stuffing crumbs. DO NOT STUFF BIRD UNTIL READY TO ROAST.
3. Rinse bird; pat dry. Stuff lightly with prepared stuffing; close openings with skewers. Roast as directed on poultry wrapper.
4. Bake remaining stuffing in covered baking dish with bird 30 minutes.

(Recipe also on box.)



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FOOD JOURNAL

UPPER CRUST

HOME-BAKED AND PIPING HOT. WHAT'S MORE ENJOYABLE THAN FRESH BREAD? THESE GOURMET LOAVES ARE TOPS

THE LATEST DISH

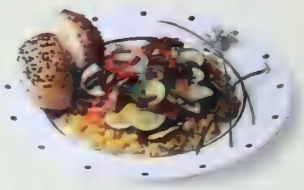
WHAT ARE THE HOT PLATES IN THE VERY BEST RESTAURANTS COAST TO COAST? TASTE THE NEW CULINARY TRENDS



DESSERTS TO DIET FOR

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Gaze in wonder at an underwater paradise!



Shown smaller than actual size of 8¼" in diameter.

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A Discovery Off Anahola

by Robert Lyn Nelson

A limited first edition collector plate trimmed in 23kt gold.

As a solitary bird circles near Anahola Valley, daybreak finds the lush Hawaiian island of Kauai still sleeping... but a wondrous world of life is stirring *under the sea!*

Now, this spectacular aquarium of underwater delights has been captured on a stunning new porcelain collector plate by one of America's leading marine artists, Robert Lyn Nelson.

A Limited First Edition

"A Discovery Off Anahola" has *never before appeared on a collector plate.* Each numbered plate will be accompanied by a personalized Certificate of Authenticity. The edition size will be limited to a maximum of 75 firing days. None will be offered through dealers; this First Edition is available exclusively through the Danbury Mint. Each plate will be trimmed with a band of 23kt gold, and the price is just $24.95.

No Obligation—No Risk

When you acquire "A Discovery Off Anahola," you have our *100% Unconditional Guarantee.* You may return any plate for replacement or refund within 30 days.

Given Robert Lyn Nelson's worldwide reputation as a leading marine artist, we expect an overwhelming response. To avoid disappointment, mail your reservation today!

The Danbury Mint

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
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Please Reply Promptly
Limit:
two plates
per collector.

Please accept my reservation for **"A Discovery Off Anahola."** I wish to reserve ____ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.95* each, with the first billed prior to shipment.

*Includes $2.95 per plate for shipping and handling. Any applicable sales tax will be billed with shipment.

☐ Charge each plate in full upon shipment to my:
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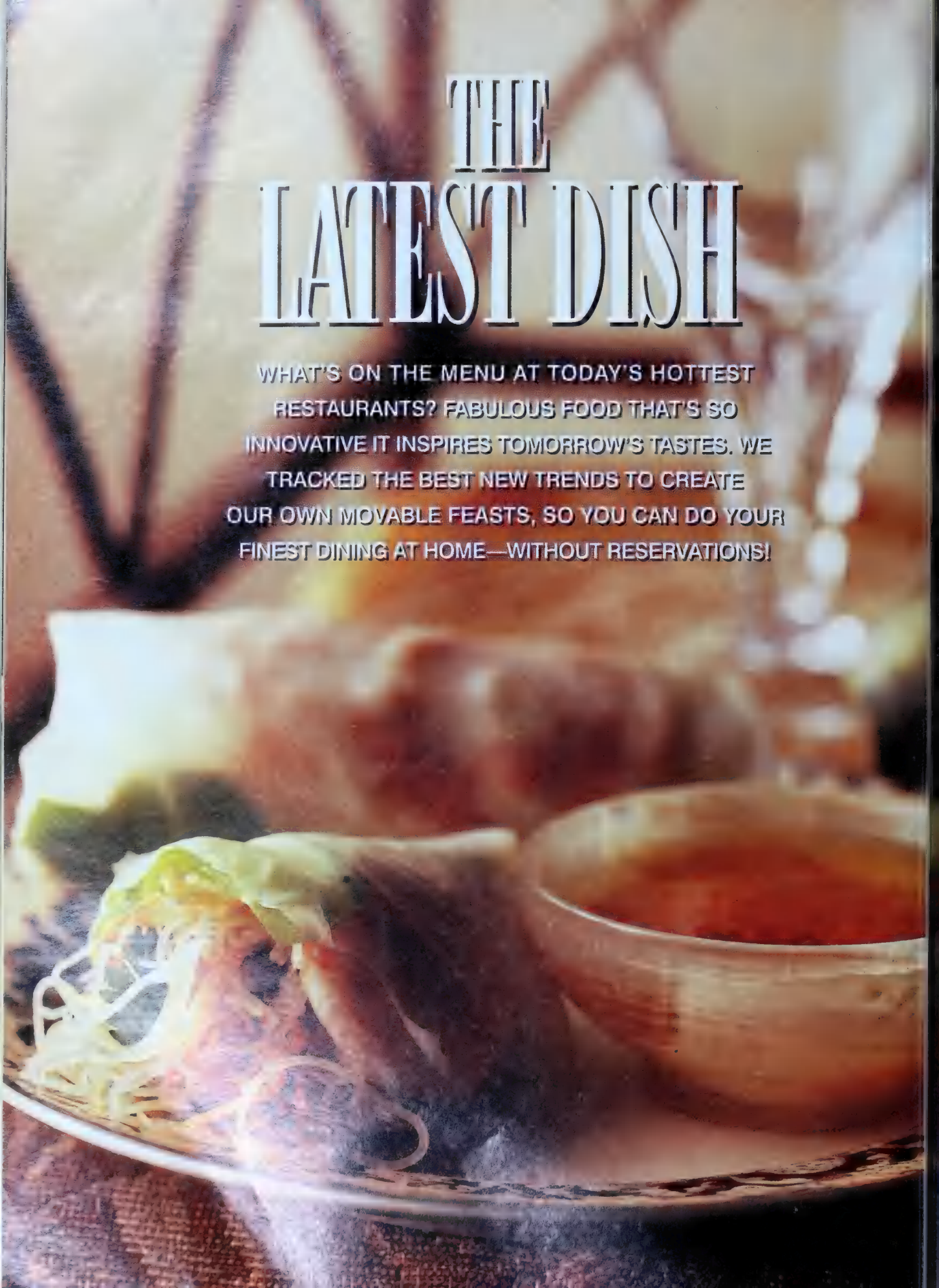
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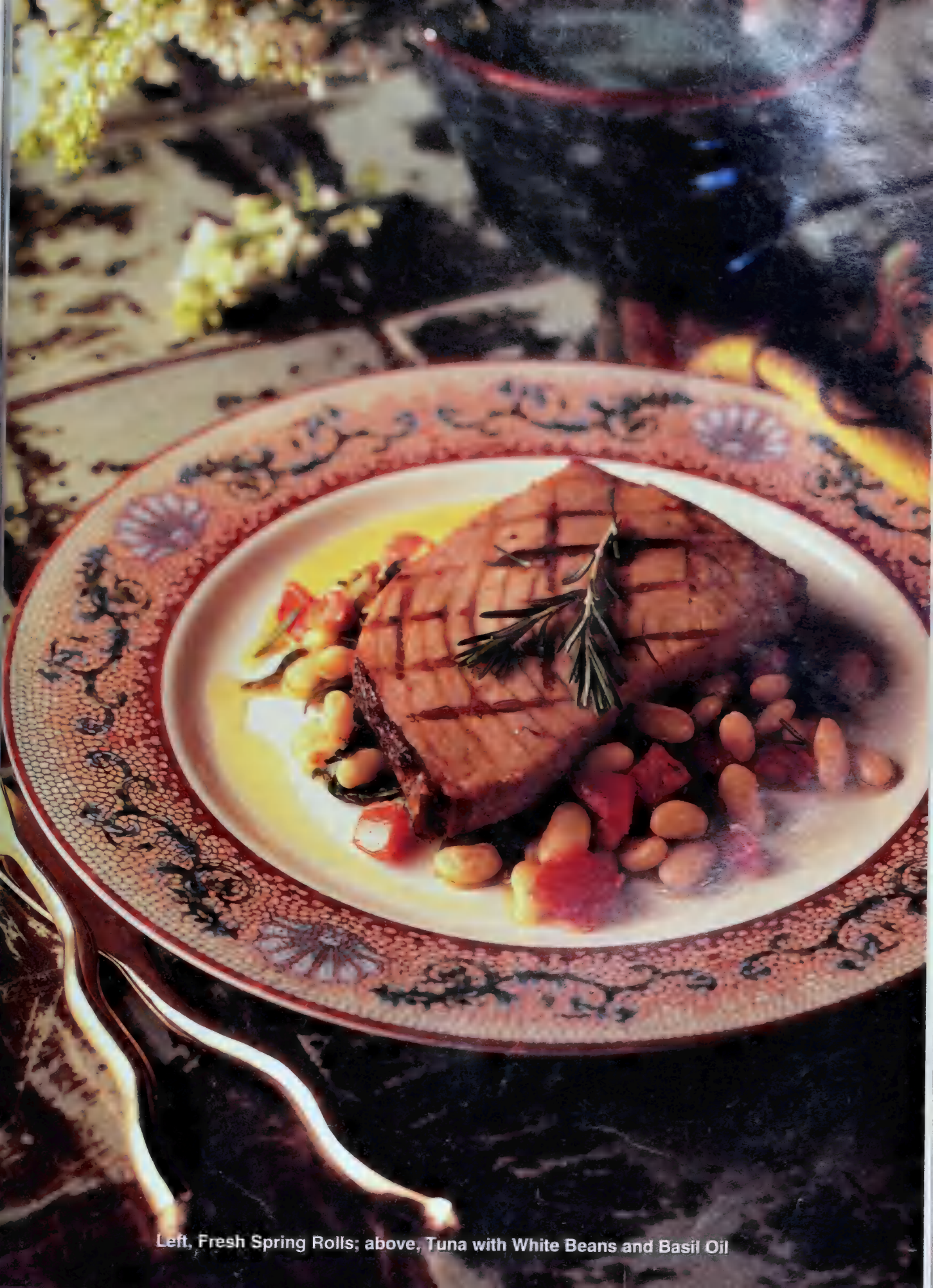
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HSP Allow 4 to 8 weeks after initial payment for shipment. 34



THE LATEST DISH

WHAT'S ON THE MENU AT TODAY'S HOTTEST RESTAURANTS? FABULOUS FOOD THAT'S SO INNOVATIVE IT INSPIRES TOMORROW'S TASTES. WE TRACKED THE BEST NEW TRENDS TO CREATE OUR OWN MOVABLE FEASTS, SO YOU CAN DO YOUR FINEST DINING AT HOME—WITHOUT RESERVATIONS!



Left, Fresh Spring Rolls; above, Tuna with White Beans and Basil Oil

○ Easy ◒ Moderate ● Challenging Ⓜ Microwave ▼ Low-fat ▽ Low-calorie

POLENTA WITH SAUSAGES AND WILD MUSHROOMS



Polenta with sausage is one of Italy's comfort foods. Discovered by American chefs while sampling that country's culinary pleasures, it's quickly becoming a favorite on these shores, too.
Prep time: 15 minutes ○
Cooking time: 45 minutes

6 sweet Italian sausages (1 lb.)

Polenta
- 1 1/2 cups yellow cornmeal
- 2 cups cold water
- 4 cups boiling water
- 1 1/2 teaspoons salt
- 1/2 cup heavy or whipping cream
- 2 tablespoons butter

1 tablespoon extra-virgin olive oil
1/2 pound shiitake mushrooms, stemmed
1/3 cup minced shallots
1 teaspoon minced garlic
3 tablespoons balsamic vinegar
1 cup chicken broth
1/4 teaspoon *each* salt and pepper
3 pounds spinach or other greens, sautéed

Prepare grill or preheat broiler and broiler pan. Prick sausages all over with fork and combine in saucepan with water to cover. Bring to boil, reduce heat and simmer 10 minutes. Drain and set aside.
Polenta: Whisk cornmeal and cold water in large, heavy pot. Whisk in boiling water and salt; bring to boil, whisking. Reduce heat and simmer, whisking constantly, 20 minutes. Stir in cream and butter; remove from heat. Cover and let stand 10 minutes.
Grill sausages over medium coals or broil 4 inches from heat 5 to 10 minutes, until browned. Meanwhile, heat oil in skillet over medium-high heat. Add mushrooms, shallots and garlic; cook, stirring, until tender. Stir in vinegar, broth, salt and pepper; cook 3 minutes. Serve with sausages, polenta and greens. Makes 6 servings.

Per serving		Daily goal
Calories	485	2,000 (F), 2,500 (M)
Total fat	29 g	60 g or less (F); 70 g or less (M)
Saturated fat	12 g	20 g or less (F); 23 g or less (M)
Cholesterol	81 mg	300 mg or less
Sodium	1,522 mg	2,400 mg or less
Carbohydrates	38 mg	250 g or more
Protein	20 g	55 g to 90 g

MOLTEN CHOCOLATE CAKE



INDULGENT BUT WORTH IT *This sinful dessert is a testament to our love affair with chocolate. With the help of two New York chefs, Jean-Georges Vongerichten of Jo Jo and Wayne Nish of March, we've developed a recipe to make at home.*
Prep time: 30 minutes plus cooling Ⓜ ◒
Baking time: 10 minutes

Truffles
- 1/4 cup heavy or whipping cream
- 2 squares (2 oz.) semisweet chocolate, chopped

4 squares (4 oz.) semisweet chocolate
1 1/2 squares (1 1/2 oz.) unsweetened chocolate
1/2 cup plus 3 tablespoons unsalted butter
3 large eggs, at room temperature
3 large egg yolks, at room temperature
1/3 cup sugar
1/3 cup all-purpose flour
1 tablespoon confectioners' sugar

Truffles: Heat cream to boiling in small saucepan. Remove from heat. Stir in chopped chocolate until melted and smooth. Place pan in bowl of ice, stirring frequently, until cold and thick. On sheet of wax paper, spread mixture into 8-inch log. Roll up and refrigerate 3 hours or freeze 2 hours, until firm. Cut into 8 equal pieces.
Meanwhile, melt chocolates with butter in medium microwaveproof bowl on High 2 minutes; stir until completely melted and smooth. Cool to room temperature. (Or use double boiler over simmering water, stirring occasionally. Cool.)
Preheat oven to 400°F. Butter and flour eight 6-ounce custard cups; tap sharply to remove excess flour. Place on cookie sheet.
Combine eggs, egg yolks and sugar in mixer bowl. Beat at high speed until mixture is thick and forms a ribbon when beaters are lifted, 8 to 10 minutes. Sift flour over mixture and fold in gently. Fold in cooled chocolate-butter mixture in 2 batches. Pour batter into prepared custard cups. Bake 5 minutes. Remove from oven. With spoon, quickly place one truffle onto center of each cake (truffle will sink). Return to oven and bake 4 to 5 minutes more, until tops of cakes are dry and begin to pull away from sides of cups. Cool in pan on wire rack 5 minutes. With small, sharp knife, carefully loosen cakes from cups and invert onto 8 dessert plates. Sift confectioners' sugar lightly over tops. Serve warm with whipped cream or ice cream and shaved chocolate. Makes 8 servings.

Per serving		Daily goal
Calories	415	2,000 (F), 2,500 (M)
Total fat	34 g	60 g or less (F); 70 g or less (M)
Saturated fat	19 g	20 g or less (F); 23 g or less (M)
Cholesterol	215 mg	300 mg or less
Sodium	32 mg	2,400 mg or less
Carbohydrates	27 mg	250 g or more
Protein	6 g	55 g to 90 g

GRILLED PIZZA

Al Forno, a restaurant in Providence, Rhode Island, started the grilled-pizza craze. To match the great flavor and crunch of real Italian brick-oven pizza. It's perfect for entertaining—your guests will love to help.
Prep time: 20 minutes plus rising
Cooking time: 10 minutes

Dough
- 1 package active dry yeast
- 1 cup warm water (105°F.–115°F.)
- 2 3/4 cups all-purpose flour
- 1/4 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon olive oil

Olive Paste
- 1/3 cup Kalamata olives, pitted
- 2 tablespoons olive oil
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon minced garlic

1 1/2 pounds plum tomatoes, sliced lengthwise
1 pound fresh mozzarella cheese, sliced
1/2 cup basil leaves
About 3 tablespoons olive oil

Dough: Dissolve yeast in warm water; stand 5 minutes. Combine flour, cornm salt and sugar in food processor and pr to mix. Add yeast mixture and olive process until mixture forms ball. On lig floured surface, knead dough until smo and elastic, 5 minutes. Place in lightly o bowl, turning to oil top. Cover and let in warm, draft-free place until double bulk, 45 to 60 minutes. Punch do down. Divide into 6 pieces and place cookie sheet or pie plate. Cover and frigerate at least 1 hour or up to 24 ho
Olive Paste: Combine all ingredient blender or mini-processor; blend until smo
Brush six 11-inch squares of foil with On floured surface, roll each dough pi into 6-inch circle; transfer to foil.
Prepare grill or preheat broiler. Gril broil tomato slices until tender, 2 min per side. Arrange tomatoes, cheese basil in 6 equal piles on jelly-roll pan.
To grill: Just before grilling, stretch 1 ci with fingertips to 10-inch diameter brush with oil. Invert circle onto grill peel off foil. Grill over medium coals 3 minutes, until golden. Turn dough and spread 1 heaping teaspoon O Paste over top. Arrange one sixth of cheese, tomatoes and basil on top; gr minutes more, until bottom crust is cool
To broil: Prepare dough as directed ab Preheat broiler. Invert 1 circle directly oven rack or broiler pan. *(contin*

Big Rewards



With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

1 8 oz. pkg. cream cheese
½ c. powdered sugar
¼ tsp. vanilla extract
1 c. heavy cream
1 can cherry pie filling
chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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Dum-Dum Pops & Saf-T-Pops

Chart Your Course Across The USA



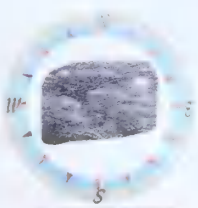
GRAND PRIZE

Win a trip for a family of 4 to any two consecutive destinations* of your choice in the Continental U.S. Includes coach-class round trip transportation on Delta Air Lines, hotel accommodations for 8 days/7 nights, car rental and $1,000 cash.

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Win a trip for a family of 4 to Nickelodeon Studios™, the place where Nick® is made, in Orlando, Florida. Includes coach-class round trip transportation on Delta Air Lines, hotel accommodations for 4 days/3 nights, car rental, VIP tour of Nickelodeon Studios and $500 cash.

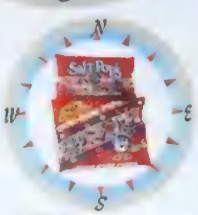




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No purchase necessary. Some travel restrictions apply. For complete details, rules and a free game card . . . send a stamped, self-addressed envelope to: "Chart Your Course", P.O. Box 645, Sayreville, NJ 08871 (WA and VT residents need not include stamp). Void where prohibited by law.

*Both destinations must be taken within the same trip.

HE LATEST DISH
ıtinued

ıil 3 inches from heat source 2 minutes until golden. Turn dough and continue ıiling 1 to 2 minutes, until golden. ange toppings on pizza and broil 2 ıutes more.

Serve immediately. Repeat with remaining dough and toppings. Makes 6 pizzas.

izza		Daily goal
ies	620	2,000 (F), 2,500 (M)
fat	33 g	60 g or less (F); 70 g or less (M)
ated fat	2 g	20 g or less (F); 23 g or less (M)
esterol	53 mg	300 mg or less
ım	691 mg	2,400 mg or less
ohydrates	58 mg	250 g or more
in	21 g	55 g to 90 g

ESH SPRING ROLLS

ıilar to egg rolls but never fried, these ty morsels of Vietnamese origin make reshing appetizers. A transparent rice ıpper holds the goodies—vegetables, bs and shrimp—in place.

al prep time: 1 hour ○ ▼ ▽

ıunces rice vermicelli noodles*
ups bean sprouts
up shredded carrots
cup cilantro leaves
cup mint leaves
round rice-paper wrappers (8 1/2-inch diameter)*
eaves Boston lettuce, torn in thirds
lozen medium shrimp, cooked and peeled, halved lengthwise

ıping Sauce
1/2 cup water
2 tablespoons sugar
2 tablespoons rice wine vinegar
1 tablespoon *nuoc mam* (fish sauce)*
1 tablespoon finely shredded carrot

at large saucepan of water to boiling. Add micelli and cook until just tender, 1 to 2 ıutes. Rinse under cold water; drain well. Toss vermicelli with sprouts, carrots, ıntro and mint leaves until combined.) 1 rice-paper wrapper in bowl of hot ler just until softened, 10 to 20 seconds. ep remaining wrappers covered.) Shake excess water and place on clean :hen towel. Place one piece of lettuce center of wrapper and top with 1/4 cup micelli mixture. Fold bottom third of ıpper tightly over filling; fold in sides to n envelope. Place 2 shrimp halves, pink e down, on flap of envelope and roll up ıtly. Transfer to serving plate and cover ı a clean, damp towel. Repeat with reining wrappers, lettuce, vermicelli mixe and shrimp. *(Can be made ahead. ver with damp towel and refrigerate up 6 hours.)* Repeat with remaining wraps, lettuce, vermicelli mixture and shrimp. ve with Dipping Sauce. Makes 2 dozen.

Dipping Sauce: Combine water and ıar in small saucepan and bring to boil, ring, until sugar is dissolved. Remove m heat and stir in remaining ingredis. Makes 3/4 cup.

*These items are available in some supermarkets and in Asian markets, or by mail order from DeWildt Imports, 30 Compton Way, Hamilton Square, NJ 08690, 800-338-3433.

Per 2 rolls with 1 T. sauce		Daily goal
Calories	60	2,000 (F), 2,500 (M)
Total fat	.5 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	31mg	300 mg or less
Sodium	36 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	5 g	55 g to 90 g



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SEE FLORIDA
Coast to coast to coast

TUNA WITH WHITE BEANS AND BASIL OIL

In this light entrée, basil oil gives grilled fish and beans a Mediterranean flair and unifies their distinctive flavors. It's a hot combo in many trendy eateries.

Prep time: 65 to 70 minutes plus standing ○
Cooking time: 1 hour 20 minutes

Basil Oil
3/4 cup extra-virgin olive oil
1/2 cup packed, clean, dry basil leaves

1 cup dry Great Northern beans, picked over and rinsed
2 tablespoons extra-virgin olive oil
1 teaspoon minced garlic
Pinch rosemary
4 cups coarsely chopped escarole
1 cup diced plum tomatoes
Salt and freshly ground pepper
4 tuna steaks, 1/2-inch thick (1 lb.)

Basil Oil: Combine oil and basil in 1-quart saucepan and heat over low heat just until warm (115°F.). Pour into glass jar and let stand 4 hours or overnight. Strain; discard basil. Store tightly covered in refrigerator up to 2 days. Makes 3/4 cup.

Soak beans in water to cover by 1 inch overnight. (*To quick-soak:* Combine beans with water to cover by 1 inch in small saucepan and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain; cover with fresh water and simmer in small saucepan until tender, 50 to 60 minutes.

Prepare grill. Heat oil in large skillet over high heat. Add garlic and rosemary; cook 30 seconds. Stir in escarole, tomatoes, 1 teaspoon salt and 1/2 teaspoon pepper; cook until escarole is wilted, 3 to 5 minutes. Drain beans and add to skillet, stirring until hot, 5 minutes. Keep warm.

Brush both sides of tuna with 1 tablespoon Basil Oil and sprinkle with salt and pepper. Grill 2 to 3 minutes per side for medium. Spoon beans onto 4 dinner plates and place tuna on top. Drizzle 1 teaspoon Basil Oil around edge of each plate. Makes 4 servings.

Per serving		Daily goal
Calories	480	2,000 (F), 2,500 (M)
Total fat	23 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	43 mg	300 mg or less
Sodium	66 mg	2,400 mg or less
Carbohydrates	33 mg	250 g or more
Protein	38 g	55 g to 90 g

Recipes developed by Lisa Brainerd.

UPPER CRUST

HOMEMADE BAGUETTES, PEPPERY BRIOCHE AND OTHER GOURMET LOAVES ARE ON THE RISE. OUR EASY RECIPES LET YOU BAKE UP THESE DELIGHTS FOR FAMILY AND FRIENDS. FILL A BASKET AND PASS THE BREAD!

BY JAN TURNER HAZARD, FOOD EDITOR





○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

SEVEN-GRAIN BREAD

Bread recipes often call for a range in the amount of flour to use. The variable is moisture, both in the flour and in the air. It's best to start with the lesser amount called for and add more as needed.
Prep time: 25 minutes plus rising ▼ ○
Baking time: 30 to 40 minutes

1/2 cup whole wheat kernels*
1/2 cup millet*
2 to 3 cups bread or all-purpose flour
1 1/2 cups whole wheat flour
2 packages active dry yeast
2 teaspoons salt
2 cups hot water (120°F.–130°F.)
1/4 cup vegetable oil
1 tablespoon unsulfured molasses
1 1/4 cups rye flour
3/4 cup yellow cornmeal
3/4 cup uncooked oats, divided
1 large egg
1 tablespoon water

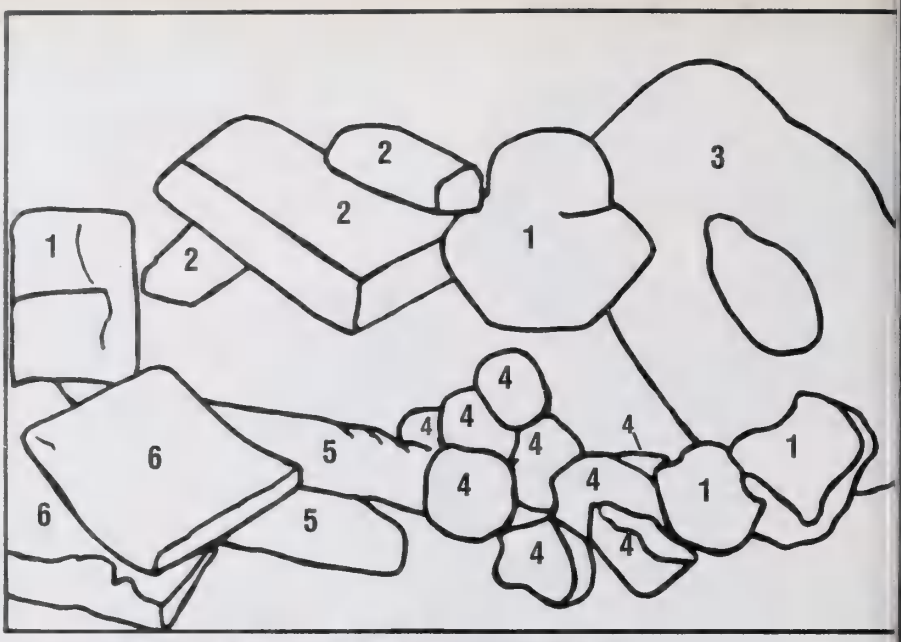
Combine whole wheat kernels and 2 cups water in medium saucepan. In another saucepan combine millet and 2 cups water. Bring both pans to boil; boil 2 minutes. Cover pans. Let millet stand 10 minutes, wheat kernels, 1 hour; drain well.

Combine 2 cups bread flour with the whole wheat flour, yeast and salt in large mixer bowl fitted with paddle or dough hook. At low speed, add hot water, oil and molasses; beat until smooth, 1 minute. (Or combine ingredients in large bowl and beat vigorously with wooden spoon 2 minutes.) Add rye flour and cornmeal to make a soft dough that begins to pull away from sides of bowl. Stir in drained millet and wheat kernels and 1/2 cup oats.

On lightly floured surface, knead dough until smooth and elastic, 8 to 10 minutes. Place in large, lightly greased bowl, turning to grease top. Cover with kitchen towel and let rise in warm, draft-free place until doubled in bulk, 1 hour.

Punch dough down. Grease two 9x5-inch or twelve 5x2 3/4-inch (1-cup) mini loaf pans. Divide dough in half or into 12 equal pieces. Shape into loaves and place in prepared pans. Cover and let rise until doubled in bulk, 30 to 45 minutes.

Preheat oven to 375°F. Adjust oven rack to center position. Beat egg and 1 tablespoon water in cup. Brush on tops of loaves and sprinkle with remaining 1/4 cup oats. Bake 30 minutes for mini loaves, 40 minutes for large loaves, or until tops are golden and breads sound hollow when removed from pan and tapped on bottom. Remove breads from pans and cool on wire rack. Makes 2 large loaves, 12 slices each, or 12 mini loaves.



1. BRIOCHE 2. SEVEN-GRAIN BREAD 3. FOUGASSE
4. WALNUT-RAISIN ROLLS 5. SOURDOUGH FRENCH BREAD 6. FOCACCIA

*Whole wheat kernels and millet are available in health-food stores or in the bulk section of some supermarkets. Store any remaining grain in the freezer.

Per slice		Daily goal
Calories	180	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	9 mg	300 mg or less
Sodium	188 mg	2,400 mg or less
Carbohydrates	31 mg	250 g or more
Protein	5 g	55 g to 90 g

BLACK-PEPPER BRIOCHE

In some trendy restaurants brioche is the bread of choice for sandwiches. Our dough can be baked in the traditional fluted pan or in a loaf pan. Either way, the rich butter-and-egg flavor comes through.
Prep time: 25 minutes plus rising ◒
Baking time: 35 to 40 minutes

2 packages active dry yeast
1 tablespoon sugar
2/3 cup warm water (105°F.–115°F.)
4 large eggs, at room temperature
1 teaspoon salt
1 teaspoon freshly ground pepper
4 to 4 1/2 cups all-purpose flour
3/4 cup butter, softened, cut up (no substitutions)
1 large egg yolk
1 tablespoon water

Sprinkle yeast and sugar over warm water in large mixer bowl. Stir briefly, then let stand 5 minutes to dissolve.

Attach paddle or dough hook to mixer. At low speed, stir in eggs, salt and pepper. (Or combine ingredients in large bowl and beat vigorously with wooden spoon 2 minutes.) Gradually add enough flour, 1/2 cup at a time, to make a soft dough that begins to pull away from sides of bowl. Gradually add butter; continue beating until just blended. (Dough will be soft, and bits of butter will be visible.)

On lightly floured surface, knead do until smooth and elastic and butter is corporated, 8 to 10 minutes. Plac large, lightly greased bowl, turnin grease top. Cover with kitchen towel let rise at room temperature (68°F.) doubled in bulk, 1 1/2 to 2 hours.

Punch dough down; knead lightl minute. Return to bowl. Cover and re erate until doubled in bulk, 2 hour overnight.

Punch dough down again. Butter tw or 6-cup brioche molds or two 8 1/2x4 inch loaf pans. Divide dough in half. loaf pans, divide each piece in thi shape into 6 balls and place 3 ball each prepared pan. For brioche molds move 1/2 cup from each dough pi Shape large pieces into balls and plac prepared molds. Press 1-inch-deep ho center of each ball. Shape remai dough into 2 balls and place one in e hole, pressing gently. Cover and let ris room temperature, until almost double bulk, 1 to 1 1/2 hours.

Preheat oven to 425°F. Adjust c rack to center position. Beat egg yolk 1 tablespoon water in cup; brush on of breads. Bake 10 minutes. Reduce c temperature to 350°F. Bake 25 to minutes more, until tops are gol brown. (If breads brown too quickly, c loosely with foil.) Remove from pans cool on wire racks. Makes 2 breads, slices each.

Per slice		Daily goal
Calories	155	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or le
Saturated fat	4 g	20 g or less (F); 23 g or le
Cholesterol	61 mg	300 mg or less
Sodium	165 mg	2,400 mg or less
Carbohydrates	18 mg	250 g or more
Protein	4 g	55 g to 90 g

(contin

WHY SWITCH FROM BUTTER TO CRISCO?

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CRISCO CRANBERRY SWIRL MUFFINS

¼ cup Crisco Shortening
½ cup sugar
2 egg whites
1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt (optional)
¾ cup skim milk
½ cup cranberry raspberry sauce

1. Heat oven to 400° F. Grease 12 medium (about 2½ inch) muffin cups or use foil or paper liners.
2. Cream Crisco and sugar with fork in medium bowl until blended. Add egg whites. Beat until fairly smooth. Stir in flour, baking powder, salt (if used) and milk until just mixed. Add cranberry raspberry sauce. Fold and swirl through batter.
3. Spoon batter evenly into muffin cups, filling about three-fourths full.
4. Bake at 400° F for 21 or 22 minutes or until golden brown. Cool 5 minutes before removing from pan. Serve warm or at room temperature.

YIELD: ONE DOZEN MUFFINS

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WALNUT-RAISIN ROLLS

BUDGET RECIPE OF THE MONTH *We fell in love at first taste when we sampled these in a chic Madison Avenue gourmet shop. Make them yourself at a fraction of the cost—chock-full of fruit and nuts, they're deliciously addictive.*
Prep time: 30 minutes plus rising ○
Baking time: 30 minutes

2 to 2 1/2 cups bread or all-purpose flour, divided
1 cup rye flour
1 package active dry yeast
1 tablespoon sugar
1 teaspoon salt
1 cup hot water (120°F.–130°F.)
1/4 cup softened butter or margarine, cut up
2 cups raisins, soaked in hot water to cover 10 minutes and drained
1 cup coarsely chopped walnuts, toasted

Combine 1/2 cup bread flour with the rye, flour, yeast, sugar and salt in large mixer bowl fitted with paddle or dough hook. At low speed, stir in hot water and butter; beat until smooth, 1 minute. (Or combine ingredients in large bowl and beat vigorously with wooden spoon 2 minutes.) Add enough bread flour, 1/2 cup at a time, to make a soft dough that begins to pull away from sides of bowl. Stir in raisins and walnuts just to blend.

On lightly floured surface, knead dough until smooth and elastic, 8 to 10 minutes. Place in large, lightly greased bowl, turning to grease top. Cover with kitchen towel and let rise in a warm, draft-free place until doubled in bulk, 1 1/2 to 2 hours.

Punch dough down. Grease cookie sheet. Divide dough into 16 equal pieces. Shape each into a ball and roll lightly in additional bread flour. Arrange balls 1/2 inch apart in 4 rows on prepared cookie sheet. Cover and let rise 1 hour.

Preheat oven to 375°F. Adjust oven rack to center position. Bake rolls 30 minutes or until tops are golden brown. Cool on wire rack. Makes 16 rolls.

Per roll		Daily goal
Calories	230	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	9 mg	300 mg or less
Sodium	175 mg	2,400 mg or less
Carbohydrates	36 mg	250 g or more
Protein	5 g	55 g to 90 g

FOCACCIA

FOOD EDITOR'S CHOICE *One of the hottest breads around is also one of the oldest! Focaccia (derived from "focus," the Latin word for hearth) was originally baked in fireplace ashes. It's great for eating plain or with sliced mozzarella and tomatoes. Fougasse, its French cousin, was once baked only at Christmas. It's now served year-round—one taste and you'll know why!*
Prep time: 35 minutes plus rising ◒
Baking time: 20 to 30 minutes

1 package active dry yeast
2 cups warm water (105°F.–115°F.), divided
5 to 5 1/2 cups bread or all-purpose flour, divided
1 1/2 teaspoons salt
3 tablespoons extra-virgin olive oil

Toppings
Extra-virgin olive oil
Kosher or sea salt
Fresh sage, rosemary and thyme

Sprinkle yeast over 1 cup warm water in large mixer bowl. Stir briefly, then let stand 5 minutes to dissolve. Attach paddle or dough hook to mixer. At low speed, stir in 2 cups flour and salt; beat until smooth, 1 minute. (Or combine ingredients in large bowl and beat vigorously with wooden spoon 2 minutes.) Add remaining 1 cup warm water and oil to blend. Add enough flour, 1/2 cup at a time, to make a soft dough that begins to pull away from sides of bowl.

On lightly floured surface, knead dough until smooth and elastic, 8 to 10 minutes. Place in large, lightly greased bowl, turning to grease top. Cover with kitchen towel and let rise in a warm, draft-free place until doubled in bulk, 1 to 1 1/4 hours. Remove dough from bowl and gently knead 1 minute.

Lightly oil 15x10 1/2-inch jelly-roll pan. Shape dough into 12x8-inch rectangle with rolling pin. Carefully transfer to prepared pan, stretching it gently to edges of pan with fingers. Press top of dough with fingertips, leaving 1/2-inch-deep indentations. Cover and let rise 30 minutes.

Preheat oven to 425°F. Adjust 1 oven rack to lowest position. Place shallow baking pan on top rack of oven. If using a baking stone*, place in cold oven and preheat 30 minutes before baking. Press dough again with fingers and brush with 1 tablespoon olive oil. Sprinkle with 1 teaspoon kosher salt and 2 tablespoons chopped assorted fresh herbs or 1 teaspoon dried herbs.

Just before baking, carefully place 1 cup ice cubes in baking pan on top oven rack and immediately place dough on baking stone or lowest oven rack. Bake 20 to 25 minutes, if using stone (25 to 30 minutes if not), until top is golden and bottom sounds hollow when removed from pan and tapped on bottom. Remove Focaccia from pan and transfer to wire rack. While still warm, brush top with another 2 tablespoons olive oil. Cool. Cut into 5x1 1/2-inch pieces. Makes 35.

*Baking stones can be ordered from Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7456; or call 800-541-2233.

Per piece		Daily goal
Calories	95	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	137 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	2 g	55 g to 90 g

FOUGASSE

Prepare dough as directed for Focacci
Lightly oil 2 cookie sheets and sprink
each with 1 tablespoon yellow cornme
Divide dough in half; shape each pie
into a ball. Stretch each with rolling p
into 8x4-inch oval. Transfer dough to pr
pared pans. With small sharp knife, c
2 1/2-inch slit in center of each oval. Cut
more slits in circle around center. With fi
gertips, carefully stretch dough into 12x
inch oval. Cover and let rise 30 minutes.

Preheat oven to 425°F. and prepa
oven as directed for Focaccia. Brush ea
Fougasse with 1 tablespoon olive oil a
decorate each with whole sage leave
Sprinkle each with 1 teaspoon kosher sc
Bake one pan at a time, 18 to 20 minute
until golden. Cool on wire racks. Makes
breads, 12 slices each.

Per slice		Daily goal
Calories	130	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	261 mg	2,400 mg or less
Carbohydrates	22 mg	250 g or more
Protein	3 g	55 g to 90 g

SOURDOUGH FRENCH BREAD

*To recall the pleasure of that San Francis
trademark, fresh sourdough, why not
making it yourself? Once you make t
"starter" recipe, continue to refresh it, a
you can use it again and again.*
Prep time: 25 minutes plus rising ◒ ▽
Baking time: 25 minutes

Sponge
1 cup Sourdough Starter (recipe follows), at room temperature
1 1/2 cups warm water (105°F.–115°F.
1 1/2 cups unbleached all-purpose flou

Dough
2 teaspoons salt
2 to 2 1/2 cups unbleached all-purpose flour

Yellow cornmeal

Sponge: Combine Sourdough Starter, w
ter and flour in large glass or ceram
bowl, stirring until smooth. Cover loos
with plastic wrap or clean, damp kitch
towel. Let stand at room temperature (68°
in a draft-free place 12 hours. (This is n
known as the sponge.)
Dough: Stir sponge down. Transfer to lar
mixer bowl fitted with paddle or dou
hook. At low speed, add salt and flour,
cup at a time, to make a soft dough th
begins to pull away from sides of bowl. (
gradually add salt and remaining flour,
cup at a time, to sponge and beat vig
ously with wooden spoon 2 minutes.)

On lightly floured surface, knead dou
until smooth and elastic, 8 to *(continue*



And he thought making it could never be as fun as eating it.

mart SM

Wearever. Seven-piece aluminum cookware set with Silverstone nonstick interior for easy cleaning. Featuring handles with natural finger grooves for easy grip. Includes 1 qt. covered sauce pan, 1½ qt. covered sauce pan, 4½ qt. Dutch oven, and 10" chef-style fry pan. Sale price **$29.97**.

On sale March 22-April 4, 1992, at all U.S.A. Kmart stores.



UPPER CRUST
continued

10 minutes. Divide dough in quarters and shape each into ball. Cover with kitchen towel and let stand 10 minutes.

Lightly oil 2 cookie sheets and sprinkle each with 1 tablespoon cornmeal. Roll each dough ball into 15-inch-long rope; transfer 2 ropes to each prepared cookie sheet. Cover and let rise in a warm, draft-free place until doubled in bulk, 1 1/2 hours.

Preheat oven to 500°F. and prepare oven as directed for Focaccia. With small sharp knife or razor blade, cut 1/2-inch-deep diagonal slits along tops of breads.

Carefully place 1 cup ice cubes in baking pan on top oven rack and immediately place one pan of dough on baking stone or oven rack (see note on page 172). Bake 10 minutes. Reduce oven temperature to 425°F. and bake 15 to 20 minutes more, until loaves are golden brown. Repeat with second pan. Cool on wire racks. Makes 4 loaves, 12 slices each.

Per slice		Daily goal
Calories	55	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	92 mg	2,400 mg or less
Carbohydrates	11 mg	250 g or more
Protein	1 g	55 g to 90 g

SOURDOUGH STARTER

Sourdough starter, like all living things, needs a little T.L.C. for survival. It keeps indefinitely in the fridge if you feed it and stir it occasionally. With a little patience, you'll reap the bounty of great-tasting loaves of bread.

Prep time: 20 minutes plus 3 days standing ○

1 package active dry yeast
1 tablespoon sugar
1 cup warm water (105°F.–115°F.)
2 cups unbleached all-purpose flour

Additional warm water and flour

Day 1: Sprinkle yeast and sugar over 1/2 cup warm water in large glass or ceramic bowl. Let stand 5 minutes to dissolve. Stir in flour and remaining 1/2 cup water until smooth. Cover loosely with plastic wrap or clean, damp kitchen towel. Let stand at room temperature (68°F.) in draft-free place 24 hours.

Day 2: Refresh starter with another 1/2 cup warm water (105°F.–115°F.) and 1 cup flour, stirring until smooth. Cover and let stand at room temperature 24 hours.

Day 3: Stir starter down. Remove 1 cup starter for sourdough sponge. Stir 1/4 cup more warm water (105°F.–115°F.) and 1/2 cup more flour into remaining starter and refrigerate for another use. Makes 2 cups.

When using refrigerated starter, remove 1 cup for sourdough sponge and let stand at room temperature 1 hour. Refresh refrigerated starter every 3 days: add 1/4 cup warm water and 1/2 cup flour and stir until smooth.

KULICH



This sweet holiday bread, made with dried fruits and nuts, graces the Russian Easter table. Hot-cross buns, long a Good Friday tradition, are now served throughout the Lenten season.

Prep time: 20 minutes plus rising ○
Baking time: 30 minutes

2 1/2 to 3 cups all-purpose flour, divided
1 package active dry yeast
3 tablespoons sugar
3/4 teaspoon salt
1/2 cup milk
1/4 cup water
3 tablespoons butter or margarine, cut up
1 teaspoon grated lemon peel
1 large egg, at room temperature
1/4 cup chopped golden raisins
1/4 cup chopped almonds
2 tablespoons chopped candied citron

Icing
1 cup sifted confectioners' sugar
4 teaspoons milk
1/4 teaspoon almond extract

Combine 1 cup flour, the yeast, sugar and salt in large mixer bowl fitted with paddle or dough hook. Heat milk, water, butter and lemon in saucepan over medium-low heat until hot (120°F.–130°F.). At low speed, add milk to dry ingredients; beat until smooth, 1 minute. Beat in egg and enough flour, 1/2 cup at a time, to make a soft dough that pulls away from sides of bowl. Stir in raisins, almonds and citron.

On lightly floured surface, knead dough until smooth and elastic, 8 to 10 minutes. Place in large, lightly greased bowl, turning to grease top. Cover with kitchen towel and let rise in a warm, draft-free place until doubled in bulk, 1 to 1 1/2 hours.

Punch dough down; divide in half. Butter 2 clean 1-pound coffee cans. Shape dough into 2 balls; place one in each can. Cover and let rise until doubled in bulk, 1 hour.

Preheat oven to 350°F. Adjust oven rack to center position. Bake breads 30 minutes or until tops are golden. Remove from cans and cool on wire rack. When cool, spread tops of breads with icing, letting it drip down sides. Makes 2 breads, 12 slices each.

Icing: Stir all ingredients until smooth.

Per slice		Daily goal
Calories	120	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	14 mg	300 mg or less
Sodium	82 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	3 g	55 g to 90 g

HOT-CROSS BUNS

Prepare dough as directed for Kulich b add 1/4 teaspoon cinnamon to dry ingred ents. Omit almonds and golden raisi and substitute 1/3 cup currants or choppe dark raisins, soaked in hot water to cov 10 minutes and drained.

Punch dough down. Grease 2 cook sheets. Divide dough into 16 equal pieces a shape into balls. Arrange 8 balls 2 inches apa on each prepared cookie sheet. Cover a let rise until almost doubled in bulk, 1 hour

Preheat oven to 350°F. Combine 1 lar egg yolk and 1 tablespoon water in cu brush over tops of rolls. Bake 15 to 20 mi utes, until golden. Cool on wire rack.

Substitute 1/2 teaspoon vanilla extra for almond extract in icing. Spoon ici into self-sealing plastic storage bag; se Snip off one corner of bag and pipe ici in a cross pattern on roll tops. Makes 16.

Per roll		Daily goal
Calories	170	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	145 mg	2,400 mg or less
Carbohydrates	30 mg	250 g or more
Protein	4 g	55 g to 90 g

Recipes by Carol Prager.

Journal shopping center

ROSEANNE'S OWN JOURNAL
Page 134 Black dress, Caberra at Great Changes; necklace, Butler Wilson; earrings, Great Changes; Tom Arnold's tux by Armani; leo lingerie, Van Tisse; Gloves, La Crasia.

FAMILY MATTERS
Page 150-153 Unless otherwise indicated, all items are available in JCPenney stores or in the JCPenney Spring/Summer '92 catalog. Call 222-6161, or write JCPenney Home Publicity, 5420 LBJ Freeway, Lin Center 2, 17th floor, #348, Dallas, TX 75240. All paint by Sher Williams, SuperPaint in semigloss or flat latex. Flowers by Calyx & Cor 800-800-7788. Fabrics treated with 3M Scotchgard Fabric Protector, 733-1110. Windows, Marvin Windows and Doors, 800-346-5128. FAM ROOM: cherry wood "Oregano" cabinets & shelves, Prairie Hill collec Fieldstone Cabinetry; stone floor, Adoquin-Cafe 1, Materials Marke Corp., 512-524-3800; Silhouette shades in Blushing Peach, Hunter Dou A1-119, sample and free brochure, 800-22-STYLE; carved Indone room divider and wooden musicians, The Phillips Collection, 718- 7676; handmade eucalyptus chair and wooden boxes, Vignettes, Las V 800-228-7707; one-of-a-kind African fabric pillows, Foster & Riley, N 212-874-0066. JCPenney items: Schnadig "Brighton" love sea navy/white stripe, Nantucket Collection fabric #066312; table lamp natural; Capel "Woolmate" Berber area rug, #600 in cream; Schn "Nantucket" club chair, navy/ivory stripe, Nantucket Collection fa #062912; Nichols & Stone Shaker drop-leaf table, black base #210, cherry top #070; "Presidential" throw in natural; assorted frames Lasercraft, Burnes of Boston, Terragraphics, Fetco; "sandstone" pillow #27 deep blue; Nichols & Stone Shaker cocktail table, black base dark cherry top #070; Nichols & Stone Shaker side chairs, #331 cherry, with blue/black webbed seating #070; black round end t Tuscany barrel mugs; Haeger 13 1/2" bowls and vases. UPSTA SEWING ROOM: Hunter Douglas Classic Duette shades, D1-93 Pebble; "Get-A-Way" leather chair, The Sharper Image, Fashion S Mall, Las Vegas, 702-731-3113; print by Alexander Calder, The Mino Gallery, Fashion Show Mall, 702-737-1400. JCPenney items: C "Kelim" rug, #284 red; Schnadig "Nantucket" cuddler chair and otto solid navy, Nantucket Collection fabric #066512; Nichols & S rectangular extension table with tapered leg in ash; Best Singer se machine; "Space" neon clock; Equalizer exercise cycle; black Hal Gallery floor lamp; assorted frames; New West "Canyon Land" pillow assorted stripes; Nichols & Stone Shaker sewing chest, #210 black; Mexican glassware, pitcher and small tumblers; silver-plate tray TV/VCR; 600 power refractor telescope; "University of Georgia" co blanket throw. HOME OFFICE (small photo): stone floor, Adoquin 1, Materials Marketing Corp.; inlaid chests, The Phillips Collec JCPenney items: hexagon mirrors in black/gold; white "Studio Collect Halogen floor lamp; black studio carts; wicker Baker Street wing cha café tan; "Savannah" rectangular dining table 70x30" cherry/black; Ni & Stone Shaker side chair, dark cherry with black webbed seating, AT&T cordless phone with answering machine; fax machine; PWP word processor; 13" TV/VCR; "Lizagator" pocket address book; "L Natural" pillow in batik. HOME OFFICE (large photo): pleated T Grande shades, Hunter Douglas #GTR-201 in Antique Heather; pain by Conrad Marca-Relli, blueprint #XL-20-70, 1970, oil and canvas co MARISA DEL RE GALLERY, NYC, 212-688-1843; étagère by Perkov, Las Vegas; brass box, Vignettes; cornucopia bowl and ceramic The Phillips Collection; brass leaf dish, Virginia Metal Crafters, 703 9400, provided through Copper Metal Assn., 800-232-3282. JCPe items: black "Studio Collection" Halogen floor lamp; Capel "Woolm Berber area rug #600 in cream; "Geometrics" column-style table black/beech; "Climbing Vine" and "Presidential" throws, both in na "Black Natural" pillows, in Batik, Lines, Labyrinth; Baker S Collection cocktail table, end tables, ottoman, wing chairs and so wicker; silver-plate 4-piece coffee set; Panasonic KX-T4000 fol cordless phone; signature "Cafe Strada" cappuccino cups, black/w "The Moon Collection" fruit bowl, bone.

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MASTER THE ART OF INDULGENCE—IN MODERATION—WITH A SAMPLER OF THE MOST POPULAR DESSERTS AT TOP DIET CENTERS AND SPAS. PLUS, TIPS TO HELP YOU STICK TO YOUR DIET *AND* SATISFY YOUR SWEET TOOTH

Desserts to diet for

GOLDEN DOOR CHEESECAKE

Golden Door
Escondido, California

At this ultimate getaway, they believe that the only way to stay on a healthy eating plan is to include foods you like. The spa's light, lemony cheesecake delivers smooth satisfaction, while low-fat dairy products give it a slim profile.

Prep time: 20 minutes ○ ▼
Baking time: 30 minutes

1/4 cup cornstarch
1/3 cup sugar
1 tablespoon flour
1 1/2 cups low-fat or part-skim ricotta cheese
1 1/2 cups low-fat (1%) cottage cheese
1/2 cup plain nonfat yogurt
1 teaspoon vanilla extract
1 1/2 teaspoons grated lemon peel
2 large eggs, separated
1 large egg white
Fresh red currants or berries

Preheat oven to 350°F. Spray 9-inch springform pan lightly with vegetable cooking spray. Wrap outside with heavy-duty foil; set aside.

Combine cornstarch, sugar and flour together in small bowl. Combine cheeses, yogurt, vanilla, lemon peel and egg yolks in food processor; pulse until smooth. Add flour mixture and pulse until smooth. Pour into large bowl. Beat egg whites in medium bowl to soft peaks. Gently fold into batter. Pour into prepared pan.

Place pan in larger baking pan. Place pans on oven rack. Pour boiling water into larger pan to reach 1 inch up side of pan. Bake 30 minutes, until just firm in center. Remove from water bath; cool on wire rack. Refrigerate until chilled, about 3 hours. Serve with red currants or berries. Makes 12 servings.

Per serving		Daily goal
Calories	100	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	39 mg	300 mg or less
Sodium	165 mg	2,400 mg or less
Carbohydrates	11 mg	250 g or more
Protein	9 g	55 g to 90 g

MERINGUE BASKETS WITH BERRY COMPOTE

Greenhouse Spa
Arlington, Texas

No-fat meringues are a classic dieter's treat, and the Greenhouse dresses them up with a compote of assorted fruit and a sophisticated splash of orange liqueur.

Prep time: 30 minutes plus cooling ○ ▼
Baking time: 2 hours

(continued)



You just read all there is to know about our new salad dressing.

great taste ▸
fat free ▸
cholesterol free ▸



◂ *reduced calorie*
◂ *low sodium*
The name says it all



(continued)

3 large egg whites
1/4 teaspoon cream of tartar
1/8 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla extract
1/8 teaspoon almond extract

Berry Compote
- 1 cup frozen whole raspberries, thawed
- 1/2 ripe banana
- 2 tablespoons strawberry all-fruit spread
- 1 tablespoon orange-juice concentrate
- 1 teaspoon orange-flavored liqueur
- 1 cup fresh strawberries
- 1 cup fresh raspberries
- 1 cup fresh blueberries

Mint leaves, for garnish

Preheat oven to 225°F. Line cookie sheet with parchment paper or foil. Draw six 3 1/2-inch circles on paper.

Beat egg whites in large mixer bowl at medium speed until frothy. Add cream of tartar and salt; continue beating until foamy. Beat in sugar 1 tablespoon at a time, gradually increasing mixer speed to high. Beat until stiff and glossy, 1 minute more. Beat in vanilla and almond extracts. Spoon or pipe meringue evenly into circles on paper. With back of spoon, smooth circles and make a well in each. Bake 2 hours. Turn oven off and let meringues cool in oven. Peel off paper. Store meringues in airtight container up to 1 week.

To serve, arrange 1 meringue basket on each of 6 plates and spoon Berry Compote in centers. Garnish with mint leaves. Makes 6 servings.

Berry Compote: Process frozen raspberries, banana, fruit spread, orange concentrate and liqueur in blender until smooth. Strain through sieve into large bowl and stir in fresh berries. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Makes 3 1/2 cups.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	.5 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	76 mg	2,400 mg or less
Carbohydrates	34 mg	250 g or more
Protein	3 g	55 g to 90 g

APPLE CROUSTADE

Bonaventure Resort & Spa
Fort Lauderdale, Florida

Phyllo dough turns a simple toss of apples and spice into an elegant dessert. The silky custard sauce soothes any cravings for creamy richness. You can replace the oil for the phyllo with vegetable cooking spray, as they do at the Bonaventure.

Prep time: 25 minutes ○ ▼ ▽
Baking time: 45 minutes

3 Golden Delicious apples, peeled, quartered and sliced very thin
2 tablespoons raisins
1 teaspoon cornstarch
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
4 sheets phyllo dough
2 teaspoons vegetable oil
1 tablespoon sugar

Custard Sauce
- 1 cup skim milk
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 large egg yolk
- 1/2 teaspoon vanilla extract

Preheat oven to 375°F. *(continued)*



How to cope with sweet cravings

■ Pinpoint certain times of day or situations when you're most tempted by sweets, and devise a strategy. A food craving usually lasts about five minutes: Distract yourself by calling a friend or working on a project (some people even swear by brushing their teeth!).

■ Try to identify the texture of the treat you crave: Is it creamy, crunchy or chewy? Substitute a sweet with a similar texture, such as low-fat frozen yogurt for ice cream, or graham crackers for cookies.

■ Exercise portion control. Plenty of snacks come in individual packages, whether you indulge in dried fruit or your favorite cookies.

■ If you absolutely must have a certain sweet, eat a small amount and get right back on track. If it's chocolate, buy the exquisite kind sold by weight—one fabulous truffle will be more satisfying than an ordinary chocolate bar.

■ Fend off snack attacks by keeping a stash of high-carbohydrate fruit on hand, such as pears, apples, cherries.

■ Remember, the more your eating habits change for the better, the less you'll crave sweets. Eating several well-balanced meals a day helps prevent blood-sugar highs and lows, which influence your sweet tooth. Exercise helps you feel satisfied after meals and reduces stress, another cause of cravings.

Two ways to serve your family less fat and cholesterol.



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Make a dozen muffins with Dannon® Plain Nonfat Yogurt and serve:
101 less g. of fat
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Dannon® Muffins

Ingredients:
- 1-1/2 cups all-purpose flour
- 3/4 cup sugar
- 2 tsps. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2/3 cup Dannon Plain Nonfat or Lowfat Yogurt
- 2/3 cup skim milk
- 1/2 cup blueberries or grated apple (if desired)

In large mixing bowl combine flour, sugar, baking powder, baking soda and salt. Gently stir in yogurt and milk, blending just until dry ingredients are moistened. Fill lightly greased or paper-lined muffin cups 3/4 full. Bake at 400° for 18 minutes or until well-browned. Serve warm. Makes approximately 12 muffins.

Lite Streusel Variation:
Combine 1/3 cup sugar and 1/2 tsp. cinnamon. Fill muffin cups 1/2 full with batter; place tsp. of sugar-cinnamon mixture on top of each and add batter to fill cups 3/4 full.

A VERY HEALTHY HABIT. FOR LIFE. DANNON®

(continued) Combine apples and raisins in large bowl. Mix cornstarch, cinnamon and nutmeg in cup; toss with apples.

Place 1 sheet phyllo on clean towel. (Keep remaining phyllo covered.) Brush lightly with oil. Layer remaining phyllo on top, lightly brushing each sheet with oil. Spoon apple mixture along one short side of phyllo. Roll up tightly from short side, using towel as a guide. Transfer seam side down to jelly-roll pan. Brush with remaining oil and sprinkle with sugar. Bake 45 minutes. Cool on wire rack 30 minutes. Cut into 1½-inch slices. Serve with Custard Sauce. Makes 7 servings.

Custard Sauce: Bring milk to boil in small saucepan. Whisk sugar, cornstarch and egg yolk in small bowl; gradually whisk in boiling milk. Return mixture to saucepan; cook, stirring, over medium-low heat, until slightly thickened, 1 minute. Remove from heat; stir in vanilla. Transfer to bowl, cover surface and refrigerate. Makes 1 cup.

Per serving		Daily goal
Calories	140	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	31 mg	300 mg or less
Sodium	68 mg	2,400 mg or less
Carbohydrates	27 mg	250 g or more
Protein	3 g	55 g to 90 g

LEMON CHIFFON PARFAITS

Diet Center

FASTEST RECIPE OF THE MONTH

This dessert is so luscious, you won't believe it's part of a diet plan. It's a favorite at Diet Centers across the country, whether served as a parfait or in a plain cracker crust.

Prep time: 25 minutes plus chilling ○ ▼ ▽

1 envelope unflavored gelatin
¼ cup fresh lemon juice
1½ cups skim milk
3 large eggs, separated
6 tablespoons sugar, divided
2 teaspoons grated lemon peel
1 pint strawberries

Sprinkle gelatin over lemon juice in small bowl; let stand 5 minutes.

Meanwhile, bring milk to boil in small saucepan. Whisk egg yolks with 3 tablespoons sugar in small bowl. Gradually whisk in boiling milk. Return mixture to saucepan and cook over medium-low heat, stirring constantly, until mixture is slightly thickened and coats back of spoon, about 5 minutes. (Do not boil.) Stir in the gelatin until completely dissolved. Transfer to large bowl. Stir in lemon peel. Place bowl in pan of ice water, stirring until mixture mounds when dropped from spoon, 10 to 15 minutes.

Beat egg whites in mixer bowl to soft peaks. Gradually beat in remaining 3 tablespoons sugar; continue beating until stiff. Fold into lemon mixture.

Reserve 8 whole strawberries for garnish; halve remaining berries. Spoon half the lemon chiffon evenly into 8 glasses. Top with halved berries, then remaining lemon chiffon. Refrigerate at least 2 hour Garnish with whole berries. Makes servings.

Per serving		Daily goal
Calories	95	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (
Saturated fat	1 g	20 g or less (F); 23 g or less (
Cholesterol	81 mg	300 mg or less
Sodium	49 mg	2,400 mg or less
Carbohydrates	15 mg	250 g or more
Protein	5 g	55 g to 90 g

CHOCOLATE CREAM LOG

Weight Watchers

What do dieters crave most? Accor ing to Weight Watchers Internation chocolate is near the top of the li This frozen roll delivers the goo without the bad—cocoa adds ri chocolate flavor without the fat, and i milk makes it sweet without cheatin

Prep time: 20 minutes plus freezing ○

Baking time: 8 to 10 minutes

⅔ cup cake flour
3 tablespoons unsweetened cocoa
1 teaspoon baking powder
4 large eggs, at room temperature
⅓ cup sugar
2¼ cups (12 oz.) vanilla ice milk
Chocolate syrup

Preheat oven to 400°F. Spr 15½x10½-inch jelly-roll pan with ve etable cooking spray; line with w paper and spray again.

On another sheet of wax paper, flour, cocoa and baking powder gether. Beat eggs with sugar in lar mixer bowl until ribbon forms wh beaters are lifted, 8 to 10 minutes. Ge tly fold in sifted mixture. Spread in p pared pan. Bake 8 to 10 minute until top springs back when touch with finger. Immediately invert o clean kitchen towel, peel off wax p per and roll up cake with towel fr short side. Cool on wire rack.

Unroll cake and spread ice m on top. Re-roll cake from short si Place seam side down on servi platter. Cover and freeze at leas hour. Cut into 1-inch slices. Pla each on dessert plate and driz with 1 teaspoon chocolate syru Makes 10 servings.

Per serving		Daily goal
Calories	150	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less
Saturated fat	2 g	20 g or less (F); 23 g or less
Cholesterol	90 mg	300 mg or less
Sodium	101 mg	2,400 mg or less
Carbohydrates	25 mg	250 g or more
Protein	5 g	55 g to 90 g







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Dole Golden Layer Cake

Prep. time: 15 mins.

- 1 can (20 oz.) Dole Crushed Pineapple in Juice
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 pkg. (4-serving size) instant vanilla pudding mix
- 1 pkg. (16 oz.) frozen pound cake, thawed
- 1/3 cup almond-flavored liqueur (or 1/3 cup pineapple juice and 1/2 teaspoon almond extract)
- Optional garnish: Dole Sliced Pineapple; 1/4 cup sliced almonds, toasted

Combine undrained pineapple, whipped topping and pudding mix. Let stand 5 minutes. Cut cake lengthwise in thirds. Drizzle with liqueur. Spread one-third pudding mixture over bottom layer of cake. Top with second layer. Repeat layering, ending with pudding. Chill 30 minutes. Sprinkle with toasted, sliced almonds and garnish with pineapple slices, if desired. Serves 12.

Dole

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inside the journal kitchen

YOU ASKED FOR IT!

Dear LHJ:

When our family reunion was held in Waterloo, Iowa, we ran Morg's Lunch, a local restaurant, out of their graham-cracker pies every day! There are a lot of great cooks in our family, but no one has been able to duplicate this unique, mouth-watering pie. We would all be grateful for your help!

Amy Botticello, Arlington, Virginia

Family favorite

What makes this creamy pudding pie so fresh and firm? Baker Sylvia Neessen adds cornstarch to her "no-weep meringue" to keep it from watering down.

Preheat oven to 350°F. Combine 1 1/4 cups graham-cracker crumbs, 1/4 cup butter or margarine, and 2 tablespoons sugar in small bowl. Press mixture into 9-inch pie pan. Bake 10 minutes.

Combine 1 cup sugar, 3 tablespoons each flour and cornstarch, and 1/4 teaspoon salt in large saucepan. Gradually whisk in 3 cups milk until smooth. Bring to boil, stirring occasionally, over medium-high heat; boil 1 minute. Remove from heat. Beat 3 large egg yolks lightly in small bowl. Gradually whisk in 1 cup hot mixture; return to saucepan, whisking constantly. Return to boil and boil 1 minute more. Remove from heat; whisk in 2 tablespoons butter and 2 teaspoons vanilla extract. Pour to prepared pie shell. Cool, then refrigerate until set, at least 4 hours.

Preheat oven to 350°F. Bring 1/3 cup water to boil. Dissolve 1 tablespoon cornstarch in 1 tablespoon water, then whisk into boiling water and stir until thickened. Cool. Combine 3 large egg whites, a pinch cream of tartar and the cooled cornstarch mixture in large bowl. Beat until foamy. Gradually beat in 1/4 cup sugar; beat to stiff peaks. Spread meringue over chilled pie. Sprinkle top with 1 tablespoon graham-cracker crumbs. Bake 12 to 15 minutes, until golden. Makes 8 servings.



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recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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CAN THIS MARRIAGE

continued from page 18

the most superficial level. It's also critical for me to point ou that because of his parents' divorce and his emancipation as minor, Roger had been robbed of a good part of his childhood Roger yearned for a wife who would be fun-loving and sponta neous, yet Sharon was controlled and measured and, since sh had lost her support system of friends and family, increasingl dependent on her husband.

"I told Sharon firmly and absolutely: 'You must stop interro gating him, and stop snooping.' I also insisted that she respec Roger's feelings and opinions, even though they might be di ferent from hers. Sharon had tremendous difficulty acknow edging that her husband could feel differently about somethin than she did; and any time he did, she would automaticall negate or refute it. 'His opinion is not wrong,' I told her. 'It just not the same as yours.' Once she understood this an learned to recognize when she was doing it, Roger felt safer talk ing to her. [See Skill builders, below.]

"At the same time, I told Roger that he had to be more r sponsible about letting Sharon know where he'd be and whe he'd be home. As Sharon stopped the inquisition, he felt mo inclined to do that as well as to open up more about his co cerns at work. 'I have caused her so much pain,' Roger said. don't want to lose her.'

"One trick that helped Sharon was my suggestion that sh learn to operate on Roger Standard Time. I told her: 'Recogni that he is this way; accept it. If he says he'll be home at six, ad an hour or two to that. He doesn't intend to be late; he is ju unable to anticipate that things come up.'

"Understanding these differences was critical for Sharo since it affected so many areas of their relationship. Thoug Roger has tried to be more punctual, lateness is still a proble for him. However, since there is so much less tension in the relationship in general, Sharon doesn't take it personally ar doesn't hold a grudge.

"This couple came to see me for two years. In this time th learned to be more tolerant of each other. Roger is spendi more time with his family. 'I've proved I can play ball with t big guys. Now I want to spend more time with Jenna, to ha more kids, to slow down,' he said. Sharon has become less an ious and obsessive, and as the tension between them has ease they have learned to laugh and have fun together."

CAN THIS MARRIAGE BE SAVED? is a registered tradema of Meredith Corporation.

Skill builders

Cutting through the anger

When couples reach the point when just about a issue sparks a full-blown argument, it often helps they both learn to rephrase their comments. *Ho* you say something is as important as *what* you sa Don't be blaming or preachy. Use "I" statements i stead of "you" statements. Instead of saying wh you *didn't* like in the past, suggest what you *wou* like in the future. To wit: "I love it when you wear sexy nightgown to bed" is more helpful than "Y never have fun anymore." "I was upset that you t me you'd be home at seven-thirty but didn't sh up till eight" is more to the point and less combati than "Why are you always late?"



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Turkey Cornmeal Burgers With Salsa

1 pkg. (about 1¼ lb.) TURKEY STORE™ Fresh Ground Turkey
2 tbsp. cornmeal
1 tbsp. lime juice
1 egg white
2 tsp. cumin (optional)
2 tsp. chili powder
½ tsp. salt (optional)
¼ tsp. pepper
1 jalapeño pepper, seeded, finely chopped
1 tbsp. vegetable oil
1 c. frozen whole kernel corn, cooked, drained
½ to ¾ c. salsa or picante sauce

In medium bowl, combine ground turkey, cornmeal, lime juice, egg white, cumin, chili powder, salt, pepper and jalapeño pepper. Mix together lightly; shape into 5 patties. Heat oil in 10-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place patties in pan. Cook about 3 to 5 minutes on *each* side or until patties are no longer pink in center. Meanwhile, in small saucepan, combine and heat corn and salsa. Serve with turkey burgers. If desired, serve hot cornbread on the side. 5 servings.

Nutrition Information Per Serving (1/5 of recipe)—Calories 255, Protein 26 g, Carbohydrate 11 g, Fat 13 g, Cholesterol 76 mg, Sodium 513 mg.



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travel journal

Club Med Ixtapa: A hot spot for kids

The high point of a week at Club Med Ixtapa, on Mexico's Pacific coast, might be snorkeling amid colorful fish around a coral reef off Ixtapa Island, or merging with the wind on a sailboard. Perhaps it's sampling two kinds of croissants and four tropical fruits with your morning coffee, or lazing at the pool with a favorite novel. For some adults, working up the nerve to climb a narrow ladder to grab a high-flying trapeze is what a Club Med vacation is all about. But for many, the best part of all is simply being free to do all this while the kids are gainfully entertained. For parents who want to get away without the nightmare of planning, Club Med is an easy answer.

Club Med, the company that brought the world the swinging-singles vacation, brings the same imagination and know-how to today's ultimate pressure-release valve—the family vacation. Club Med Ixtapa is one of six family villages in the Western Hemisphere; most guests bring their kids. Parents can drop the children off in the morning at the Mini Club, for kids two to twelve years old, or the Baby Club, for babies twelve months to twenty-three months, at no extra charge. There, the tots are entrusted to a group of young, energetic G.O.s (*gentils organisateurs*, French for congenial hosts).

The recently renovated Mini Club is a beautiful, colorful, kid-size space, complete with an air-conditioned arts-and-crafts room, swimming pool with slide, and more. Club Med considers this Mini Club its showcase. The children can stay all day, from nine A.M. to six P.M., or come and go to join certain activities. From five P.M. to six P.M., there's a shower break, when the kids come back to the room to change their clothes for the evening. Then, while they are fed an early dinner back at the Mini Club, followed by a treasure hunt or evening games, adults are free to drink and dine. At nine, they're joined by their children for the evening show and a bonfire or other event on the beach.

Far more than quality day care, the Mini Club is actually like camp. The children are given a chance to try out new activities—like scuba practice in the pool using pint-size tanks and fins, snorkeling and picnic excursions, archery, golf, arts and crafts, and a new intensive tennis p gram (for kids ages eight and u Topping the list of fabulous opportunit is the Circus Workshop. Children train week for the Big Show, performed on last night in front of the entire villa One child may be a trapeze artist, anot a human jump rope, but everyone is a s under the guidance of expert trainers.

The brand-new Baby Club is open fr eight A.M. to six P.M. Parents can le their little ones after breakfast, and ret in the evening to feed them dinn There's no need to lug a lot of bulky b things on the plane; strollers a bassinets are provided by Club Med, an chef even makes homemade baby fo Diapers are available for purchase.

While the kids are at play, parents opt for a wide variety of activities, from silly to the sublime. Try walking acr the pool on a line of floating sailboards front of a large, laughing audien Sublime might mean lying on a gr lawn at sunset, listening to Beethover the sea laps the sand. In addition, the sailing and windsurfing, tennis (less included), pool aerobics, pool and be volleyball, archery, and ocean swim rac

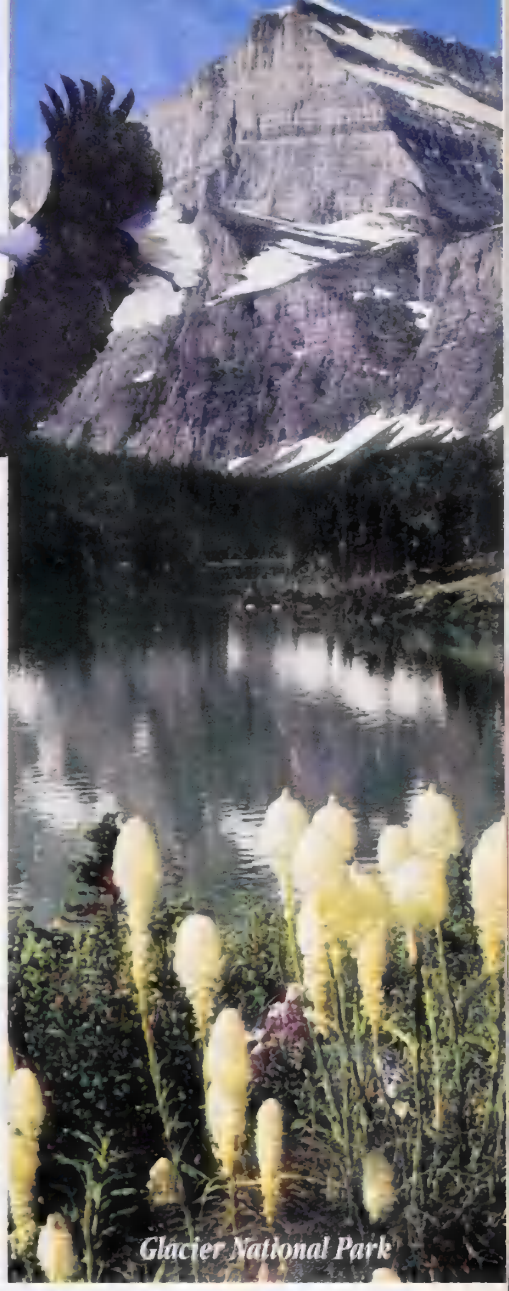
Rooms at Club Med, once bare-bo are newly renovated and attractively nished, in two- and three-story sand- ored stucco buildings with red-tiled ro Adjoining rooms have been added to commodate families; a small numbe rooms have double beds. Telephones televisions are intentionally missing, stering Club Med's claim as "the antic to civilization."

Hibiscus-lined pathways winding tween the buildings lead to the hear the village and a huge swimming poc bar, and the main restaurant. Here, gu are seated at tables for eight for buf style meals. For breakfast, feast on cr sants and danishes, omelets, cre waffles, cheeses and freshly baked bre At lunch and dinner, the assortmen salads, fruits and desserts alone is ur lievable, not to mention the entrées, ra ing from hamburgers and fries to du l'orange. Those who prefer to be se can make a reservation at The Bistr beachfront restaurant with a fixed m where couples can sit at tables for two.

During the Kids Free Weeks, chil ages one to five are welcome at Club Ixtapa free of charge (one child per paying parent or legal guardi Combined one-week land-and-air p ages are available from most major ci Vacationers can also book their own transportation and stay for as long as choose. The cost per week, without fare, averages $800 to $980 for adu $530 to $570 for children six to ele $440 to $490 for kids under six. D rates are also available. To book a or for more information, call CLUB-MED. —CAROL CAN







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travel journal

The big island of Hawaii

When people say Hawaii, they mean the eight islands that make up the state; but the state is actually named after just one of those islands. Aptly nicknamed the Big Island because it's larger than all the other islands combined, it offers the widest variety of things to see and do.

To get to the Big Island, you'll fly into Honolulu, on the island of Oahu (Hilo and Maui are other options). From there you can take a thirty-five-minute inter-island flight on Aloha Airlines (800-367-5250).

The Big Island is the largest and also the youngest of the Hawaiian islands—barely a million years old—as well as the home of Pele, the fire goddess, who sends lava from the island's active volcano.

Because the island is so vast, it's best to choose one spot as your base before you tour the rest of the island. The Mauna Kea Beach Hotel, an elegant retreat on the island's best beach, gives you luxury without losing the Hawaiian atmosphere: When you arrive, you'll be greeted with a flower lei, a traditional Hawaiian welcome. (Doubles start at $260; call 800-882-6060.)

The Mauna Kea features eight stories with open-air terraces that allow you to relax in the natural beauty surrounding you; in the center is the lobby, with palm trees, koy-fish ponds, and tropical birds—displayed in cages as unique as the birds themselves. As you stroll through the buildings and grounds, you'll notice the resort's prized Pacific and Asian art collection.

There's plenty to do at the resort. The golf course—an oasis of green amid miles of lava fields overlooking the ocean—is considered the finest in Hawaii, and even for nongolfers provides a beautiful setting for a sunset stroll. Other activities include tennis, snorkeling, scuba diving, swimming, surfing, lei-making, free nightly movies, and more. The hotel also offers horseback riding at its private stables on nearby Parker Ranch, in Waimea.

Even if you decide to do nothing while on Hawaii but lie on the beach, seeing Kilauea Caldera—one of the most active volcanoes in the world—is an absolute must. If you take Route 11 toward Hilo, you'll reach Volcanoes National Park (808-967-7977), where you can see lava tubes and craters.

The drive to the park is at least a few hours, so you might want to make some stops along the way. South of the Mauna Kea is Kailua-Kona, a more bustling area with some interesting sights, such as Ahu Heiau, a Hawaiian sacrificial temple. in Kona, you can take a submarine ri courtesy of Atlantis Submarines (329-3175)—and see the underwater without getting wet.

Heading farther south on Route 11, Napoopoo Road to the Royal Kona C Mill, where you can visit the small m um and get a free cup of fresh Kona fee. Also off Route 11, take Route 16 Pu'uhonua O Honaunau National His Park, known as the Place of Refuge, w *kapu* (law)-breakers were guaranteed s tion if they could reach the temple; t the attendant *kahunas* (medicine r would perform rituals to absolve the their wrongdoing.

If you decide to go north from the M Kea on Route 19, you'll pass thr Waimea, and a short detour on Route will take you to Waipio Valley—a mile- lush, green valley offset by a black- beach and abundant waterfalls like ilawe, Hawaii's highest free-falling fal

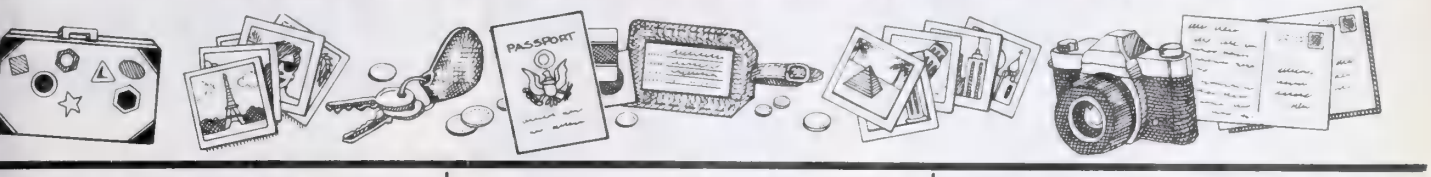
Another option is to take the Sa Road (Route 200). The road runs thr a valley separating the Mauna Kea Mauna Loa mountains—the sig breathtaking and includes some of t land's best scenery.

For more information, call the ne Hawaii Visitors Bureau.

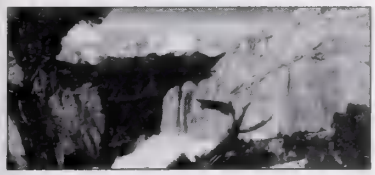
—Haviva Krasner-Davi

Ladies' Home Journal

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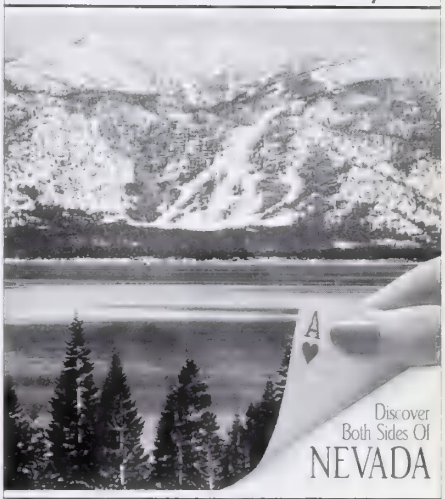
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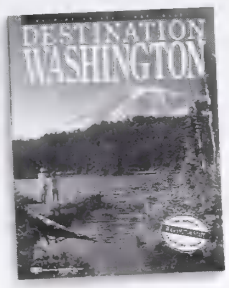
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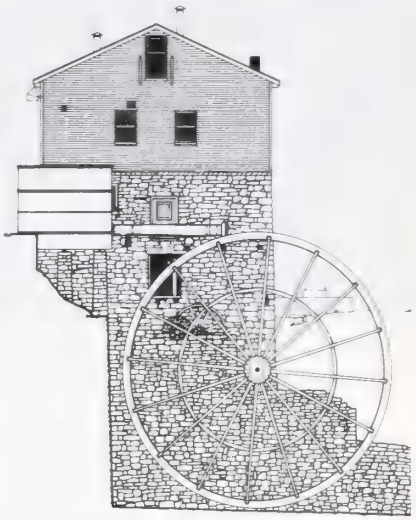
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ABORTION

ontinued from page 138

any polls on the abortion issue, and oncluded that a steady 20 percent of the opulation calls itself unequivocally pro-fe, while a slightly higher percentage, bout 25 percent, terms itself adamantly ro-choice. The rest fall in between.

As columnist Roger Rosenblatt puts it n his book, *Life Itself: Abortion in the merican Mind* (Crown, 1992): "The argu-ng has been left to those who have a po-tical stake in the subject, and even they o their 'arguing' in the streets."

time to speak

ow, though, it's more important than er for all women to make themselves eard on this topic, which affects them in more immediate way than any other so-al-policy issue. For without a doubt, is year will be one of the most crucial er in the history of abortion rights.

The Supreme Court has agreed to hear a se that could overturn the 1973 decision *oe* v. *Wade*. In this landmark decision, e court ruled that a woman had a consti-tional right to choose abortion. This ght was unrestricted throughout the first imester (three months) of pregnancy, but ates could impose restrictions on the pro-edure during the second and third imesters. In 1989, a more conservative dre of justices narrowed the effect of *Roe*, a ruling known as *Webster* v. *Reproductive ealth Services*, which curtailed the avail-bility of publicly funded abortions and gnaled the states that they could chip way at *Roe* by enacting more restrictions.

Then in January of this year, the preme Court agreed to review *Planned renthood of Southeastern Pennsylvania* v. *sey*. At issue: the constitutionality of a nnsylvania law that, among other re-rictions, requires a woman to get per-ission from her spouse before having an ortion. If the court rules that the law is nstitutional, it could greatly weaken *oe*, or even overturn it, depending on e scope of the ruling. Should *Roe* be erturned, the availability of abortion uld no longer be federally guaranteed.

Pro-life activists, who took their battle the state legislatures after the *Webster* cision, say that if the Supreme Court cides to uphold the Pennsylvania law, both sides think likely, they will press eir state campaigns still more diligently. ys Wanda Franz, Ph.D., president of e National Right to Life Committee, verturning *Roe* will not make a[n im-ediate] difference, because it will be cessary to pass state laws." No matter ich way the court rules, abortion is ely to figure prominently in this year's esidential campaign; George Bush is o-life, while the leading Democratic ntenders are pro-choice.

Yet at a time when it's crucial for women to be talking about the issue to each other—and to the legislators who represent them—it seems a more difficult process than ever. Why? Part of the problem stems from the all-or-nothing nature of the debate.

Says Kate Michelman, executive director of the National Abortion Rights Action League, "There is no compromise; you either have a fundamental right [to choose] or you don't." Says Helen Alvaré, director of planning and information for the Secretariat for Pro-Life Activities of the National Conference of Catholic Bishops, "Most people believe that human life is at stake."

This polarity frustrates women like Susie Bishop, twenty-nine, an administrative assistant in Portland, Oregon. "One side talks about life, and the other talks about rights," she says. "Then they completely deny each other's concepts."

All in all, not an encouraging atmosphere in which to explore a subject that is as important as it is complex. But when the *Journal* spoke to women of various ages and economic backgrounds across the country, we found them to be more flexible than the advocates we most often hear. They are more willing than some pro-choice advocates to acknowledge how frightening and agonizing the decision to have an abortion can be. At the same time, they are far more adamant than pro-life forces would have us believe that it is the individual woman, not the state, who has a right to make that decision.

For example, Susie Bishop chose to have her baby—but she refuses to criticize those who do not. "I'm someone who wasn't married, got pregnant, didn't have a job," says Bishop. "I was in a difficult position, and I made the choice not to have an abortion. And I had to pay for it [by putting the baby up for adoption]." But, she adds, "We should not condemn people who have had abortions."

Even women who feel far more positively about the procedure acknowledge its drawbacks. Linda West Eckhardt, fifty-two, a free-lance writer and the mother of three children, had the first legal abortion at a large Baptist hospital in San Antonio within days of the *Roe* v. *Wade* ruling. She was using a diaphragm, but it hadn't worked. Her youngest child was two, and Eckhardt did not believe she would be able to handle a fourth child. She has never regretted her decision, and she says, at first, that she has no ambivalence about the issue in general. But after discussing it, she admits that the issue is much more complicated. "I think of myself as a party-line pro-choice person, but when I talk about it, I realize I am not," Eckhardt says. "I bet almost everyone has mixed feelings."

Her sentiments are echoed by Rita Coppernoll, thirty-seven, of *(continued)*



ABORTION
continued

Vancouver, Washington, who had a second-trimester abortion in 1988 after tests revealed her fetus did not have kidneys or lungs. Coppernoll, who describes herself as "passionately pro-choice," nonetheless grieved for months following her abortion. "This was a baby I wanted very badly," she says. "I wouldn't go back and change my decision, but that doesn't mean I didn't hurt."

Many other women, of course, unequivocally oppose abortion, though they often don't fit the popular media image of pro-life advocates who harass women entering clinics. Some are women like Mary Krane Derr, twenty-nine, of Chicago, who became pregnant in 1986. An unmarried graduate student, she knew that bearing the child would be an almost unthinkable financial burden. The pregnancy was a health risk as well; since Derr was a diabetic, her fetus was in danger of spina bifida and other birth defects. Yet Derr's pacifist views—she is against war, the death penalty, and handguns—had led her to oppose abortion. "It does violence to women and children," she says. Today, she says proudly, her daughter is alive and healthy.

Even though her views are strong, Derr insists that some points of agreement can be found with pro-choice advocates. Both sides, she says, should work for greater availability of birth control, prenatal care, child care; in short, for a support system that would both reduce the number of unplanned pregnancies and make it easier for women who did get pregnant to keep their children.

It is, however, very difficult to make common cause between those who believe in an inalienable right to life on the part of the fetus and those who believe the same of a woman's right to choose.

Some ethicists, like James Nelson, Ph.D., an associate director at the Hastings Center, in Briarcliff Manor, New York, contend that the emphasis on the fetus as a fully human person obscures the equally significant point that it is not an independent entity but part of a woman whose own needs and wants must be taken into consideration.

On the pro-life side, Sidney Callahan, Ph.D., a psychology professor at Mercy College, in Dobbs Ferry, New York, believes that the issue of life cannot be overemphasized. "There *is* a hierarchy of rights," she says. "The pro-life side is correct to say that without the right to life you can't have any of the other rights."

An unending battle?

The modern conflict over abortion, now entering its nineteenth year, shows no signs of ending. Pro-choice advocates plan to lobby for passage in Congress of the Freedom of Choice Act, which contains the same principles as those found in *R* v. *Wade*. In the meantime, the fight w continue on the state front as well, pos bly leading to more restrictive regulation

Ethicist Nelson does not necessarily s that as a bad thing, however. "We may g a compromise that preserves the integr of all sides" in a number of states, he sa He cites as a possibility the legalization abortion up to the fourteenth or eig teenth week of pregnancy.

Helen Alvaré also foresees a compr mise on the state level—perhaps wi abortions being allowed only in the thr so-called hardship categories: rape, ince or when the mother's life is in dang Such a compromise would not please a tivists on either side. But, Alvaré sa "it's a movement in the right direction."

So this is clearly the time for all of us think long and hard about this subject. there are, as research has shown, millio of people in the middle, then it is tir they entered the debate.

Whatever our views, we must ma them clear to our lawmakers. We mu also prepare to vote on this issue as if c lives depended on it, because they do. F whatever changes abortion policies und go in this country, they must not happ without input from the people whom th policies most affect: women themselves.

With reporting by Barbara Burgower a Kim Steffgen.

THE LAST CLINIC
continued from page 138

patients to interviews with staff counselors.

"It just makes me more determined to keep the clinic operating," Bovard declares. "The fact that patients will walk through protests lets me know how much this clinic is desperately needed."

The clinic encounters many obstacles in its struggle to stay open. Some businesses, fearing boycotts, won't serve the facility, and the staffers must search for someone to provide laundry service, lab tests and office supplies.

Her most difficult hurdle, however, is a lack of doctors. Not one of North Dakota's 1,165 physicians will perform elective abortions. "Once you get into abortion, your practice is dead in the community for anything else," says Richard Leigh, M.D., sixty-seven, one of the last physicians in the state to perform abortions before he retired in 1988. Bovard hires doctors who fly in from Minnesota.

But to Bovard the effort is worth it. "I view what I'm doing as saving women's lives," she says. "If this clinic weren't here, women would be getting abortions in back alleys."

Cheryl Dupuy says her anti-abortion stance stems from personal experience: When she was twenty-two, she underwent an abortion that left her devastated. "God tells me that it's my responsibility to protect babies from slaughter," she says. "I'm going to keep coming back until the clinic shuts down."

Other people go one step further. The clinic has recently been the target again of militant pro-life groups such as Operation Rescue and Lambs of Christ. Pat Larson, forty-three, has been arrested twice at such protests. "Our nation doesn't always have laws that are right," she says, "and sometimes getting arrested is the only way to bring attention to the issue."

In a small clinic conference room, the counselor checks consent forms on which patients note why they are seeking an abortion: "not enough money . . . too young to raise a child . . . emotionally can't handle it . . . don't want to be a single parent . . . I'm married and have finished raising children." Some counselors have themselves undergone abortions and know the fears and doubts that accompany the ending of a pregnancy. "It lets me say, 'I know what you're going through,' " says Lysa Ringquist, thirty-five, who had an abortion ten years ago.

In the waiting room, a counselor explains the procedures to four patients. One is Suzanne Phillips*, herself a registered nurse and a married mother of two. A petite twenty-seven-year-old with shoulder-length brown hair, she had arrived with her husband, Sam*, after agonizing for days. Suzanne has already had one abortion, when she was fifteen. Ultimately, the couple decided to go ahead this time for financial and emotio al reasons. "Our hands are full," she says

It's time to go in. Suzanne rises a steps toward one of the two operati rooms. "I have the shakes," she says, "b it's not from the cold."

Down the hall in a closet-size offi one of the clinic's two doctors jots do notes on his eighteenth abortion of t day. For ten years, this physician fro Minnesota has worked at the clinic b cause as a medical student, he saw wom victimized by botched illegal abortio and vowed to provide safe procedures. I won't allow his name to be used, howev protestors have already picketed his hor and terrified his family.

In the operating room, Suzanne is wa ing, a frightened look on her face. Sa holds her hand. The doctor comes in a introduces himself, making small talk.

Then he switches on the vacuum as rator, and Suzanne feels a tug on h uterus. Seven minutes later, she's in t recovery room.

What is the future for the Fargo clini Wearying of the constant oppositio Bovard sometimes considers moving t center three miles across the state line, Moorhead, Minnesota, even though would mean an important victory f those who want to make North Dakota abortion-free state.

Cheryl Dupuy, for one, won't lea the picket line until that day.

—MICHAEL J. WEI

*Names have been changed.



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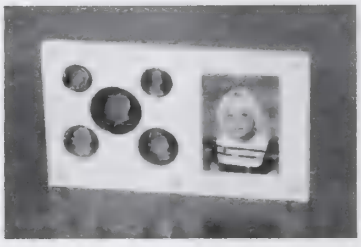
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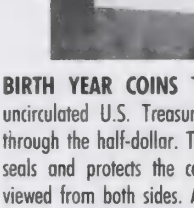
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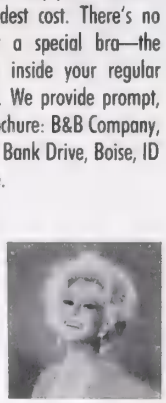


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last look

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Concerned about cutting fat from your diet? Learn how three women did just that with a healthful, low-fat diet plan. Plus, recipes and tips to help you get the fat out, too.

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The best place to work
Who's the best boss? You are. Where's the best place to work? At home. We'll show you how to do it and make more money than you thought possible.

Santa Fe attitude
Join LHJ in Santa Fe, where Southwest style is hot! See how one couple turned their home into a haven of Southwestern chic with Native American touches and their own handicrafts.

Hot summer style
From lean jeans and marvelous minis to smart suits, we've got the season's hottest outfits for every taste and budget.

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May

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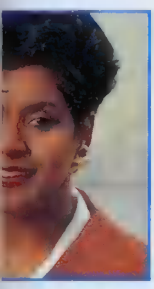
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Life without Michael by Cindy Landon

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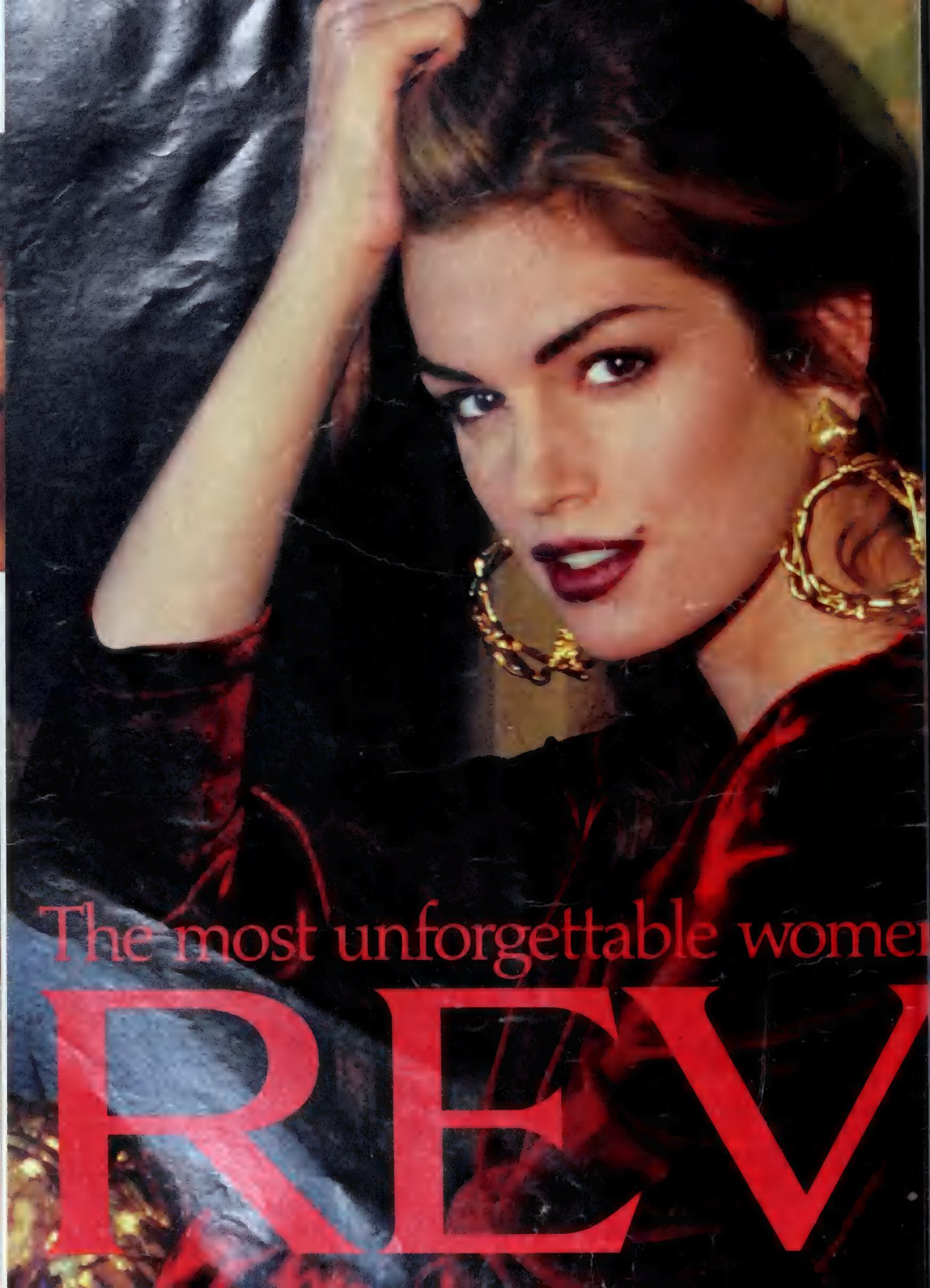


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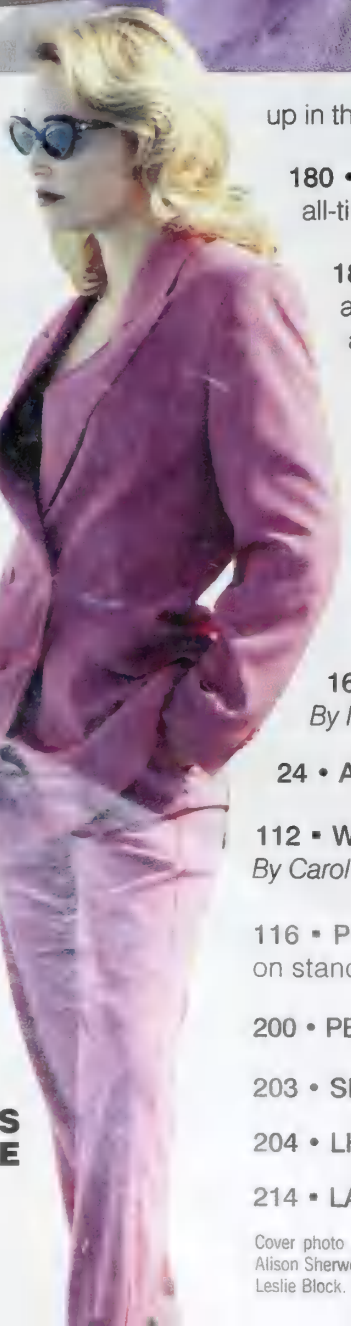


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ELEMENTS OF STYLE

style

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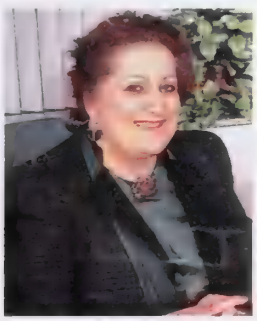
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editor's journal



When Nanuli Shevardnadze, wife of Eduard Shevardnadze, the former foreign minister of the former Soviet Union, was in California recently, she said she wanted to be interviewed by only three publications: *Newsweek*, the *Los Angeles Times* and *Ladies' Home Journal*. Mrs. Shevardnadze, a robust woman of sixty-two with auburn hair and a bright smile, had spent years working as a writer and editor for a women's magazine in the republic of Georgia. That's why she wanted to share her opinions with the American women's magazine she had always admired.

When we talked, Mrs. S. told us that she thought women all over the world were very much alike. "Everyone wants to be young and look nice," she said. "All of us want to raise our children and provide them with an education. And everyone wants to feel secure." But she reported that women in the new Commonwealth are not feeling too secure these days. "If we only knew what the future was, what has happened would be a wonderful first step. Unfortunately, no one knows what awaits her down the road."



A LADIES' HOME JOURNAL ADMIRER

What does she think of American women? "Very lovely, very friendly, happy people. Open and warm." She said she wishes them—and the women in her own country—what is most important of all: "peace and good luck."

Nanuli Shevardnadze confirmed what we always knew—that *Ladies' Home Journal* is a world-class magazine. What's in this bountiful issue? A special summer beauty and health section, interviews with three strong women—Suzanne Somers, Phylicia Rashad and Cindy Landon—plus low-fat diet plans that really work. Also check out this month's "Woman to Woman" column (page 112), by a gutsy lady who has transformed her life. (This new column has elicited a fantastic amount of positive response.) So read, use, enjoy—and have a happy Mother's Day!

Myrna Blyth

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One Grand Prize winner will be awarded a Virginia Slims Shopping Spree Check for $50,000 and a trip for [redacted] adults to New York City. **Grand Prize** includes: First-class round-trip airfare for two adults, 7 days/6 nights double-occupancy deluxe hotel accommodations, use of a chauffeur-driven limousine, meeting with personal fashion consultant and pre-planned itinerary of shopping, dining and sight-seeing excursions and $2,000 expense money (estimated retail value $70,000). **Grand Prize** winner must notify judging agency one month in advance of desired trip departure date. Travel subject to space and departure availability. Travel must be completed within 12 months from the date the trip is awarded. Trip value may vary due to location of winners and fares at the time of departure. A cash substitute of $50,000 will be awarded if the Grand Prize winner is unable to take the trip. Two Hundred **First Prize** winners: $2,500 cash for a shopping spree. Five thousand **Second Prize** winners: $100 cash for a shopping spree. Total value of prizes offered: $1,070,000.00. Winners will be selected on or about November 1, 1992 in a random drawing from all complete, eligible entries received. All prizes are guaranteed to be awarded. Drawing will be conducted by an independent judging organization whose decisions are final. Odds of winning will depend on the number of entries received. PHILIP MORRIS INCORPORATED will have no liability in connection with the acceptance, operation or use of the prizes awarded. PHILIP MORRIS INCORPORATED makes no express warranty, guaranty or representation of any kind concerning prizes, and disclaims any implied warranties.

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"He's a child, not a husband"



BY MARGERY D. ROSEN

SUSAN'S TURN "What does he want from me?" asked Susan, thirty-three, as she dropped her briefcase on the floor and settled into a chair. "I'm trying to be a good wife, but as far as Gary is concerned, it's not enough. 'You don't care . . .' 'You don't love me as much as I love you . . .' 'You never listen.' I'm worn out from his litany of complaints!

"I have a full-time job—I'm in computer sales, and it's a tough, competitive job. Even though I leave the office at seven, sometimes seven-thirty, at night, I still cook dinner for my husband. I'm so exhausted some nights I can't even see straight. Yet he'll burst through the door and launch immediately into some heavy discussion, telling me about his problems at work or wanting to know everything that happened to me that day. I feel ambushed. But if I don't give him my undivided attention, he goes berserk.

"I know, I know. You're thinking I'm horrible and ungrateful, but please hear me out. Gary is devoted, kind, loving, generous to the point of extravagance. Most women would give their right arm for a man like this, but sometimes he's just too much for me. He tells me how much he needs me, and I feel like I'm going to jump out of my skin.

"With Gary, every conversation has to be deep and involved. Do I have to listen to him analyze every action from every angle? Last month he called me at work; I had four people in my office, and I couldn't talk. I could tell he was hurt, but I wasn't about to sweet-talk him out of it with all those people listening. He didn't speak to me the whole night.

"That is typical. If I'm short with him, or I say something he takes the wrong way—usually something so minor I'm totally unaware he's offended—he'll remember it for days and get back at me, either by not talking or by refusing to make love. Most times, our love life is fabulous—except when he feels slighted and punishes me by depriving me of sex.

"Other times Gary gets furious, just like my father used to. I'm drained by his outbursts. I never knew how to calm my father down either. I grew up in a traditional home; we were the only professional family in our blue-collar suburb. My father was a commercial banker, my mother, a housewife. I was Daddy's girl, and he was my role model—since there was no son in the family, I was brought up to be the tough super-achiever. Thinking back, I realize my *(continued on page 20)*

THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF ARDEN GREENSPAN-GOLDBERG, M.S.W., B.C.D., A PSYCHOTHERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY AND POMONA, NEW YORK. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

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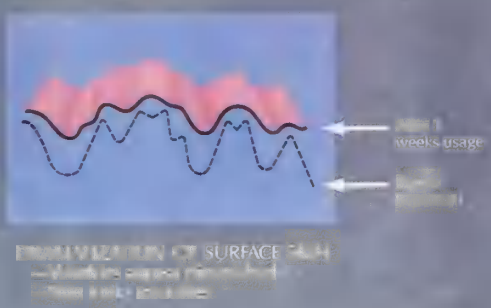
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L'ORÉAL

PLÉNITUDE

Reduces the signs of aging.

continued from page 16

father was interested only in how well I did in school. If I told him I got ninety-five on a math test, he'd ask why I didn't get one hundred. Every once in a while, when he was angry, he'd explode, kick over a wastebasket or slam doors. There would be days when he didn't speak to me or look at me.

"I was a goody-goody. I studied hard, and I'm proud that I always had a job after school and paid for all my own clothes and gifts. I had lots of friends and tons of boyfriends, but never anyone serious. I was determined to be successful in my career before I got married. I didn't want to be dependent on anyone.

"When I was a freshman in college, my parents' marriage fell apart. Mother discovered that Dad had had a mistress for ten years. She tried to kill herself by swallowing barbiturates, and we had to put her in a hospital for four months. I transferred to a school near home so I could nurse my mother and talk some sense into my father, but it finally dawned on me that I couldn't fix things. Dad is now married to that woman, and my mother is very bitter. She calls me all the time, weepy or despondent.

"Of course, that explains the distance I sensed but couldn't figure out as a child. You see, outwardly, we were the happy family, but behind the facade, there was little emotion.

"This is the total opposite of my life now. Gary is all emotion. We met at work. Gary had been with the company for ten years; five months after I started, he was promoted to head my department.

"My first impression: He was gorgeous; I mean movie-star gorgeous. Every woman in the office had a crush on Gary, but I honestly didn't consider him a dating prospect. First of all, I had a strict rule about not dating anyone from work, let alone my boss. It was more than unprofessional; it was stupid. Besides, Gary was fourteen years older than I; he'd been married before and had a son, who's now in college.

"We were just real good buddies for about eight years. In fact, he was more like a confidant. If I had a problem with the guy I was dating, Gary would help me work it out. There was always a lot of energy and a special chemistry between us. Our relationship changed the night a colleague got married. We were both invited to the wedding, but since neither of us was dating anyone at the time, we decided to go together. It was a magical evening—and Gary ended up sleeping over.

"That blew my mind. I told myself this had better work out, because if it didn't, we were in big trouble. I was so nervous when I saw Gary at work the next day that I spilled coffee on my new suit. When he stopped by my apartment that evening, we had a long talk and decided it wasn't going to work. We desperately tried to avoid each other. It sounds so corny to say that passion got the better of us, but it did. I was torn; I knew I wanted to be with Gary more than I'd ever wanted another man in my life, and I knew the feeling was mutual.

"For over a year, we lived this crazy life, bending over backward to avoid any evidence of impropriety. After about six months, Gary decided to quit his job and start his own consulting business. That meant we could finally make our relationship public. We were married at a small hotel on Long Island—and, as it turned out, people had known about us all along but didn't care.

"But things haven't gone smoothly. I'm nervous about Gary's career change. Right now, I'm pretty much supporting us, since it takes a long time to build up a profitable business. Gary wanted to fly to L.A. to make a presentation to a possible client. I pointed out that it was an expensive trip, and since there were perhaps twenty other people making a pitch for this client, maybe it wasn't worth it. He hit the ceiling and said I had no confidence in him. Also, we had talked about having a baby—I'm going to be thirty-four in May, and Gary is forty-eight. I wanted to take time off after the baby, but how can I do that if his income is so low?

"If I'm short with him, he'll remember it for days—then punish me by refusing to make love," said Susan



"Look, I'm embarrassed about being in counseling, but Gary insisted I come. He wants me to change, but I am what I am. Why can't he accept that?"

GARY'S TURN "She doesn't get it. She just doesn't get it," said Gary, forty-eight, a tall, handsome man in jeans and a sweater. "What's the matter with her? Most women would die for a husband to treat them the way I treat her. You see how she's rolling her eyes now? That's the way she acts with me most of the time. I try to get her to talk, to tell me about her day and how she's feeling, but she interrupts me.

"And she doesn't listen when I talk either. She's totally closed off, even in bed. We'll be making love, and I can sense t her body may be there but her mind i million miles away. She's a cold fish can tell she's thinking about everyth but what she should be thinking abou tell this woman how much I adore h and she gets silly. Like it's a big joke. soon as our lovemaking is over, she pr tically leaps out of bed. It makes me cra This rage just comes over me.

"I've always been an emotional kind guy. We were very poor when I was gr ing up—my mother cleaned other p ple's houses, and I slept on a roll-out in the living room—but I was tough. mother and I were very close—she president of my fan club and incredi supportive. She never put any limits my dreams. It wasn't that way with father; there was always a real dista between us.

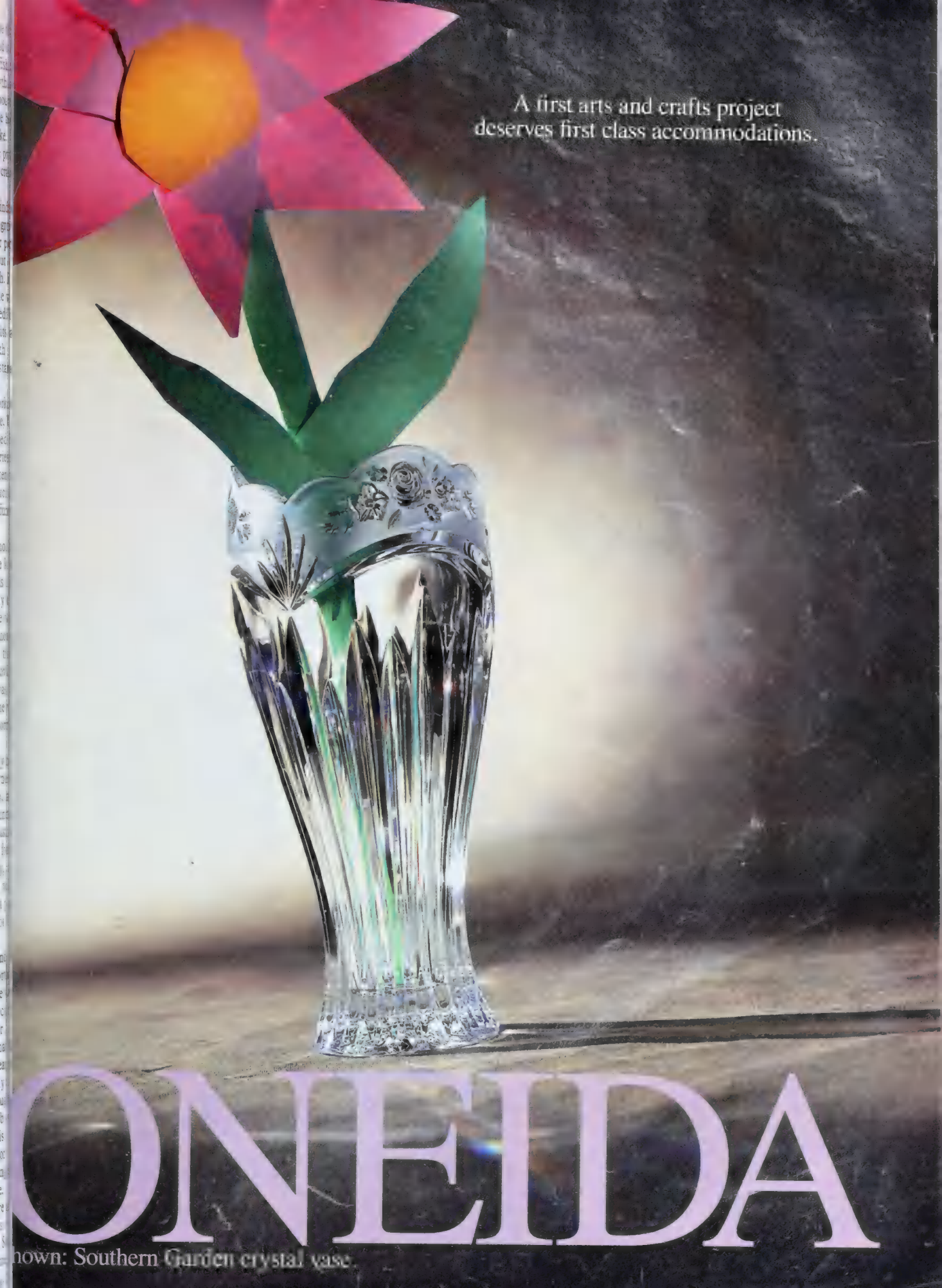
"Dad was a postal clerk, hardwork but undemonstrative. He loved me, he never said it and never showed Would you believe I have no memorie him ever hugging me? He would often what Susan does—I'd be very exci about something, and he'd make fun that enthusiasm.

"When I was about seven, my mot got very sick. I think she had some k of nervous breakdown, and she was i sanitarium for about two years. My joined the Navy, and I went to live w my aunt until my mother was well eno to come home. That was a terrible ti Not that my aunt wasn't kind or lovi but I was terrified that my mother was ing to die. When she came back, she never the same, and I was always wor something would happen to her.

"I knew that I'd have to pay for my college education, so I did. I earne four-year swimming scholarship, then, since I wanted to work with un privileged kids, I also went for a mast in psychology. During vacations, I fo a job at a large computer company, they offered me a full-time position w I graduated. It was too much for a p kid to turn down, so that's how I got sales management.

"I think my psych background and ability to make people feel comfort and motivate them have served me w That doesn't mean I don't need co dence-boosting myself, however. more than a little scared about mak this move professionally. It's not eas head off in a new direction at my Many people in the business thoug was nuts to give up a prestigious job a solid company at a time like this. one morning I looked in the mirror said, 'Gary, you gotta make a chang was dissatisfied. So I made my move.

"I thought Susan would be more portive. When I first met her, I was c pletely blown away. I don't think S knows what a powerful sexual *(contin*



hown: Southern Garden crystal vase.

energy she has. I also had so much respect for her and the way she did business. She's smart and savvy. It kills me that Susan doesn't think I can make my consulting firm work. But I don't think I can tell her how frightened I am about starting a new career. She'd flip out. She's not a risk-taker.

"We had a really big disagreement about a trip I wanted to take to L.A. last month. Sure it was a gamble, but you're not going to get ahead if you're not willing to stick your neck out. Susan looks at life with a glass-is-half-empty attitude; I look at the same thing and see a glass half full. By the way, I made that trip and I won the account. However, since I spend most of my time trying to drum up new clients, I'm hit with a hell of a lot of rejection. When I get home, I don't want to be treated like a delivery man dropping off a package."

THE COUNSELOR'S TURN

"Susan and Gary were atypical of most couples I see," said the counselor. "Usually, the wife complains that the husband doesn't listen, doesn't talk and is unemotional. In this case, the reverse was true. I could tell immediately that in this relationship, Susan was the doer; Gary was the be-er. Susan intellectualized; Gary emoted. Unfortunately, Gary interpreted his wife's behavior to mean she didn't love or care about him.

"Serious, guarded, businesslike and pragmatic, Susan had great difficulty getting in touch with her feelings and expressing them. The first child of unemotional, undemonstrative parents, she grew up in a home where love was conditional: If she performed well, she was praised. The message from her parents, especially her father, was: Try harder; if you push a little bit more, you'll win Daddy's love.

"Susan grew up to be ambitious and driven, a woman who was the opposite of her helpless, dependent mother. If there was a problem, she learned to zero in on what was wrong and fix it.

"However, as a child, when she tried to soothe her moody father's unpredictable temper or win his admiration, she was confronted with icy silences and rejection. Gary's outbursts left her similarly frustrated.

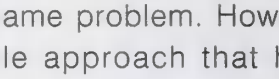
"Though she refused to admit it for a long time, Susan had been devastated by her father's affair and her parents' divorce. She had adored her father, modeled herself after him, and her image of this perfect man was forever shattered. The experience left her with a deep lack of trust for men in general. At the same time, she felt weighed down by her mother's almost total dependence on her. When Gary demanded her total attention, it reminded her of her mother, and she felt smothered.

"Bright and articulate, Gary was a passionate man who looked you right in the eye and leaned toward you as he spoke. But he was also an angry man with a chip on his shoulder, a sad look on his face and pain in his voice. When he first came to see me, he was furious and spoke in a harsh, accusatory way. Pointing a finger at his wife, he would say over and over again, 'You don't get it, do you? You just don't get it!' When he did this, Susan

SKILL BUILDERS

Myth of the mind reader

No one is a mind reader, yet Susan thought Gary would miraculously sense when she was too tired to talk. Many couples have the same problem. However, a simple approach that helped them can help others, too: Whenever Susan was too exhausted, she agreed to tell Gary directly. Gary agreed not to get angry—and together they set a definite time and place to bring up the subject again.



would start to cry; she really *didn't* get it.

"Gary grew up in a poor home. When his mother took ill, she remained hospitalized for two years. His father left him in the custody of his aunt, and Gary felt unloved and rejected, terrified he'd be out on the street. After his mother finally came home, Gary became highly solicitous of her every need. Though the family was reunited, Gary still felt his position was precarious. He put pressure on himself to be the perfect little boy.

"Much of Gary's rage, however, was directed toward his father, who was unable to provide for his family and was emotionally remote. Now, in his relationship with Susan, he felt he was again giving emotionally and getting little in return.

"In the most basic terms, Susan had to learn to give and Gary had to learn to pull back. But the process of learning to trust was a slow one for Susan. I don't think she understood how skittish she was about revealing herself to men as well as to me. I suggested that Susan come for individual counseling, and for several months she came one week alone and the next week with Gary.

"Initially, every time our conversation veered toward a discussion of how Susan felt about something, she would change the subject yet continue to deny that she was afraid to talk about her feelings. This is what she did with Gary at home and in bed. In time, my constant reassurances gave her courage to open up. Once she learned to take a risk with her emotions, she discovered that Gary didn't turn away.

"This process was helped when Gary learned to curb his angry outbursts, which he did once he understood that he was trying to see how far he could push her. When he was feeling upset, I suggested he count to ten or go out for a jog.

"At the same time, Susan had to learn to respond positively to Gary. Instead of making jokes or rolling her eyes, she owed it to him to listen and be more sensitive, though she didn't have to put up with his rages. When he acts like that, I told her, 'Don't cajole him. Clear out.' One weekend when they were visiting friends upstate, Gary again felt she was not paying enough attention to him and started to lose his temper. Susan told him she was going to leave if he didn't calm down—which she had in the past threatened to do. When he didn't, she got in the car and drove home. Gary took the train back to the city, and by the time she got in the door, he realized he had overreacted and apologized.

"However, Susan had to acknowledge that there were times when she was not listening to Gary at all. Gary had a right to feel nervous about his new business venture. He is facing rejection every day, I told her, and he needs to talk about it.

"As Gary pulled back, Susan had more room to move toward him. However, I told Gary that while I did not think he expected too much in general, he did expect too much of Susan. 'Perhaps another woman wouldn't be pressured the way she does, but you chose Susan. You love this woman, and you want to make this work. Susan has her limits, and you haven't been respectful of those limits.'

"This couple stopped coming to therapy after two years, though I still occasionally see them both separately. Gary's firm is doing surprisingly well, considering the sluggish economy. Susan, who has been unable to get pregnant, is now considering artificial insemination. They just returned from a long weekend in Florida. 'I truly feel that Susan loves me,' Gary says. 'After all, who else would put up with a guy like me?' "

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A story that will inspire you

"Our miracle daughter"

MY HUSBAND KNEW HIS CANCER TREATMENTS WOULD LEAVE HIM STERILE, SO HE TOOK THE ONLY STEP THAT WOULD EVER ALLOW US TO HAVE A BABY TOGETHER



BY KRIS TRAVAGLINI

As my husband and I watch our fifteen-month-old daughter, Gracie, laughing and playing, we can't help feeling blessed—and tremendously grateful. Unlike most men and women, who can decide to become parents whenever they're ready, my husband, John, needed to plan for a child long before he met me. And once we did marry, we wouldn't have many opportunities to start our family, so we had to make every one count.

I met John in 1986, at the Seattle cancer clinic where we worked. I had just been hired as a registered nurse, and he was a radiation oncologist on temporary assignment. I fell for his boyish good looks and shy smile right away, but what really impressed me was his gentle compassion. No matter how hectic his schedule or how pressured he was, he always made time to comfort his fearful patients and answer their questions.

It was only after we'd been dating for two months that I learned why this man was such a caring doctor. A colleague casually mentioned to me that John was a cancer survivor himself.

Ten years earlier, the colleague explained, John had been diagnosed with Hodgkin's disease, a cancer of the lymph glands that most often strikes children or young adults. I was as stunned as if someone had hit me in the stomach, and I could think of little else for the rest of the day. Although I treated cancer patients at work, knowing that someone I loved had the disease was very different. Could John's cancer recur? Would I lose him?

I wanted so much to ask John about his ordeal, but I didn't think it was wise to push him until he was ready to discuss it. Instead, I plowed through dozens of medical journals and nursing textbooks to find out everything I could about Hodgkin's. It was a relief to read that with treatment most patients make a complete and permanent recovery.

But the medical literature also made clear a disturbing point. As routine procedure, John would have undergone surgery to remove the cancerous nodes, followed by chemotherapy to kill any remaining malignant cells. Those strong drugs had saved his life—but had probably also left him sterile. I hoped to marry John someday, and I knew we both loved kids, so it was heartbreaking to realize we would never have a child together. Well, I thought, we could always adopt.

Shortly after I finished this research, John brought up the topic of his illness. He explained that he had been diagnosed when he was a student at the University of Vermont. "I'm fine now, Kris; I'm cured of Hodgkin's disease," he said, holding my hand. "That's the first thing I want you to know. I had surgery, radiation and chemotherapy. It was pretty rough, but I've had regular checkups, and the doctors have found nothing."

I was so relieved to know that he was healthy that I didn't even think to ask about children. All I wanted to do was snuggle close to him. Not long after our discussion, I was thrilled when John proposed to me.

As it happened, the subject of children came up just a few days *(continued)*

Photo, Raymond Gendreau

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later: I was working at John's desk when I noticed a bill lying on top of a pile of papers. Curious, I looked more closely and saw that it was from a sperm bank. I asked John, "What is this?"

He explained that after he had been diagnosed with Hodgkin's, his older sister had urged him to store a specimen of his sperm before he began chemotherapy. John was grateful to be able to do something before he forever lost the chance to become a father. He made an appointment with the closest sperm bank, in New York City, and gave enough of his sperm for eleven attempts at conception. He paid $75 a year to keep the sample frozen.

It took a moment to realize what John was saying—we might be able to have a baby of our own after all! My hopes rose instantly. John cautioned, though, that there were no guarantees, since sperm loses some of its potency once it's been frozen. Nevertheless, we wanted to try conceiving before looking into adoption.

The effects of chemotherapy son times reverse naturally, so John saw urologist to determine whether the dru had made him permanently inferti After tests proved that they had, we cc centrated on preparing for our weddi in 1988. It was a perfect day, and as joyfully said our vows, I thought: We c handle whatever happens.

We gave ourselves a year to enjoy bei newlyweds before trying to start our fan ly, but the dream of being a mother w never far from my mind. Once we we ready, we decided it was logical to try ar ficial insemination, the simplest and le expensive method.

We ordered John's sample from t sperm bank in New York, and they sen by overnight express delivery to a bank Seattle. The container, of all things, wa large metal thermos! I was surprised see the size of the eleven tubes inside— tiny that doctors call them straws.

I had been taking the hormo Clomiphene, which stimulated r ovaries to produce eggs. When I beg ovulating, I underwent the inseminati in a quick office procedure; the doc simply injected one straw's worth sperm into my uterus. It seemed stran to be trying to get pregnant this way.

We had to wait two weeks to find c whether the insemination had work Although my gynecologist had warn us that our chances for success we slim, I dared to hope. I ate healt foods, gave up alcohol and avoid strenuous activities.

My efforts were useless: At the tw week mark, my period started. Stunn and grieving, we got through each day best we could, hiding our tears and t ing to be strong for each other. Still, t tension was so thick between us th we had a silly argument a week lat Venting our feelings helped to clear t air, though, and we made up.

Over the next twelve months, we tri insemination four more times—unsu cessfully. We'd allow ourselves to be op mistic only to be bitterly disappoint when my period started. Our sorrow ov whelmed us, and we had a difficult ti dealing with it. We had more stup fights; once John even yelled at me leaving the toothpaste cap off.

As each try failed, the pressure inten fied. Our desire to become parents w taking over our lives. It got to the po where I couldn't look at a couple with baby without wanting to scream in fr tration. "Look at what I'm putting y through," John once said to me. I to him, "You're not doing this. My body betraying me."

By 1990, we had only six straws sperm left. It was time to explore oth options. After consulting several infert ty specialists, we chose Dr. Lori Marsh of the Virginia Mason Clinic, the Seat hospital where John was *(contin*

SAFER SPERM STORAGE

Sperm banks have been a blessing for infertile couples—and increasing numbers of single women—for twenty years. Each year, an estimated 172,000 women are artificially inseminated from banks or private providers.

But this crucial business remains largely unregulated. Currently, only sixteen states have regulations for donor screening on their books. And, although Congress has given the Food and Drug Administration (FDA) the authority to oversee sperm-bank operations, only now is the agency developing a program of guidelines, expected to be released by the end of the year.

Says Andrea Chamblee, regulatory counsel for the FDA's Center for Biologics Evaluation and Research: "Until recently, most sperm banking was done privately in doctors' offices, so we left regulation up to the states through their medical associations and boards of health. Now that it has become a large and complex nationwide operation, we've made sperm-bank regulation one of our highest priorities."

The necessity for action has been underscored by recent scandals. Cecil Jacobson, a Virginia infertility specialist, was convicted of fraud for using his own sperm to father as many as seventy-five children while telling his patients they were receiving sperm from their husbands or other selected donors.

Health factors are also a concern. Though no documented cases exist of patients who have contracted the AIDS virus through donated sperm, there is a risk of passing this and other sexually transmitted diseases through insemination, according to the American Fertility Society (AFS).

How can would-be parents protect themselves from unscrupulous practitioners or poorly run banks? It helps to ask the right questions. Your infertility specialist's credentials should include membership in the American Fertility Society. The doctor's sperm bank, or its director, should also be affiliated. If in doubt, contact the AFS or your state's board of health to ask for information about the doctor or bank. Determine whether your doctor is using a sperm bank or privately obtained sperm; if at all possible, talk directly to the bank or business providing the sample about their screening techniques.

A reputable sperm bank should know its donors' family medical histories, going back at least two generations. Donors should be tested for sexually transmitted diseases twice in six months; during that period, the sperm should be frozen and quarantined until the donor is proved healthy. And once you have made a selection, make sure the number from the donor list matches the one on the vial you receive.

For more information, write to the American Association of Tissue Banks, 1350 Beverly Road, Suite 220-A, McLean, VA 22101 or the American Fertility Society, 2140 Eleventh Avenue South, #200, Birmingham, AL 35205-2800. For $3, the society will also provide a brochure of guidelines for sperm banks.

The best ads for Dove are the women who use it.

Helaine Blass
Massapequa, New York

13 Years of Dove



Dove® contains ¼ moisturizing cream.

It won't dry your face like soap.



A woman today

continued

now working. Dr. Marshall recommended that we try in vitro fertilization (IVF), a method in which eggs are withdrawn from the ovary and mixed with the sperm. Any resulting embryos are then transferred to the uterus.

As with every medical procedure, there were drawbacks to IVF. It would be expensive—about $5,000 per attempt in our part of the country—and our insurance didn't cover it. The risk of failure was high, too; a successful pregnancy by IVF occurs in only 19 to 25 percent of all cases. Still, Dr. Marshall's calm, reassuring manner inspired us. We decided to go ahead.

For nine days, I was injected with Pergonal, a hormone that promotes the development of more than one egg at a time. Dr. Marshall then removed thirteen eggs, using a needle to suction them from the ovary, and mixed them with two straws of John's sperm in a petri dish. We were overjoyed when, two days later, Dr. Marshall told us that two of the eggs had been fertilized.

On May 27, 1990, the doctor transferred the eggs to my uterus. To reduce the chance of losing them, I had to lie still for six hours, with my head lower than my pelvis; I was then kept on bed rest for two days. My mother stayed with us to help out; when she saw how anxious and frustrated John was, she asked him to help her reupholster our dining-room chairs. The activity helped him cope.

It would be two weeks before I could take a pregnancy test, and the waiting was agony. At one point, I began spotting blood. We panicked, thinking this might be my period or a miscarriage. The doctor assured me it was normal, however, and the bleeding did stop after two days.

The results were worth the anxiety. The morning after the blood test, Dr. Marshall called to tell me, "Kris, you're pregnant!" John rushed to hug me, and tears filled our eyes.

John was unreservedly happy, but I was almost afraid to believe that this was really happening. Something could still go wrong, I thought. It wasn't until six weeks later, when I could finally see our tiny fetus (the second egg had never implanted) on the ultrasound screen, that I began to relax and enjoy the pregnancy I'd wanted for so long.

The odds were in my favor now that the IVF had worked. Dr. Marshall told me that the rate of miscarriage for IVF babies was only slightly higher than that for ones conceived naturally, and there was no added risk of birth defects.

After all the stress of the past two years, the next nine months were remarkably easy. I gained twenty-nine pounds, had r morning sickness and felt fine, althoug tired, most of the time. Still, like a mothers-to-be, I wanted to hold my bab count fingers and toes, and know that l or she was healthy.

On the morning of February 8, 1991, had an ultrasound that showed I ha about two weeks to go before delivery. M obstetrician recommended walking to e courage labor, so John and I covered se eral miles after we left the doctor's offic After that workout, I should have be exhausted, but I tossed and turned th night, unable to sleep.

Small wonder I had insomnia; at tw in the morning, sudden sharp pains to me I was in labor. I woke John up, and hurried to the hospital. After an inten fifteen hours, we experienced the happie moment of our lives: the arrival of o perfect baby girl, Julia Grace. I was i credibly relieved when I saw her beautif face and eyes that were as blue as min Our dearest wish had come true at last.

At fifteen months, Gracie brings more happiness every day. Though s has my lips and dark hair, she resembl her father in many more ways: her lo hands and feet and her sweet smil There's one thing we're glad she wo inherit from John: Hodgkin's disea A family history of this cancer isn't o of the risk factors, so Gracie has more chance of developing it th any other child has.

When she is old enough, John an will tell our daughter how she was co ceived—with a lot of love and so help from medical technology. Th year, we hope to have a brother or sis for Gracie; four tubes of John's sperm main in storage, enough for two mo IVF attempts.

I wanted to tell our story so that oth young cancer patients will know to a their doctors whether the treatment th receive will affect their fertility. If Jo hadn't known to consult a sperm bank, never would have realized his dream of thering a child. Women, too, shou know that they can arrange to have th eggs fertilized, then stored to attemp pregnancy later on.

Most of all, I wanted to show that mi cles do happen. The proof is resting my arms.

SHARE YOUR STORY

The Journal will pay $750 for each arti accepted for publication in the "A wom today" column. Manuscripts must be fir person accounts of actual dramatic eve and should be 1,500 words, typed doub spaced and accompanied by a se addressed, stamped envelope for return the work. Reply may take up to th months. Send manuscripts to Box W Ladies' Home Journal, 100 Park Aven New York, NY 10017.

"WHERE'S BREAKFAST?"

BY JANET MCBARRON, M.D.



Chopper

Hello. My name is Janet McBarron. I'm a physician practicing in Columbus, Georgia.

For years, my friend "Chopper" (pictured right) and I shared a common problem. You can probably guess what it was. We were both fat. Not just overweight. Fat. I was 5'10" and weighed 204.

I was often teased about my weight, especially while I was attending college.

One Friday night, for example, several girls who lived in the same dorm called a local pizza shop. They ordered seventeen pizzas — all to be delivered in *my name*. About 30 minutes later, one of them called me and said, "There's a guy at the front door to see you." I rushed downstairs. I could hear them giggling from behind the stairs. When I opened the door, there was a delivery boy with seventeen pizzas stacked in his arms. I paid him with the money I'd been saving for a new dress.

During the next four years I tried eight different diets. And I failed at all of them.

But, during my second year in medical school, I was invited to take part in a unique new weight-loss program.

This wasn't a "diet." It was entirely different. It had been developed by a team of bariatric physicians — specialists who treat the severely obese.

I began the program on February 4th. For the first two days nothing happened. But on the third day my weight began dropping. Rapidly. Within the next 180 days I lost 57 pounds. And during the next three and a half weeks I lost an additional 13 pounds. This may not seem like a lot. But this was the first time in my life I had consistently lost weight. And kept it off.

The program worked for one simple reason.

I was allowed to eat.

I could eat six times every day. I could have 3 regular meals. Plus a morning snack. An afternoon snack. Even a snack at night. There was so much food on the program, I could hardly eat it all.

How can you eat so much food and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combinations* of foods you eat in each 24-hour cycle. Specific portions of complex carbohydrates, fiber and proteins that generate a negative caloric process that continues all day long. A complete 24-hour fat burning cycle. Metabolism is evened out so fat is burned away around the clock.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks.

There are other benefits too ...

- There are no amphetamines. No harmful drugs of any kind.
- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you'll *keep it off*. Permanently!

Because the Columbus Program lets you *continue your normal eating lifestyle*. You can snack in the afternoon. Snack before dinner. You can even snack at night while you're watching T.V.

Here are some *actual* comments from people who participated in the program ...

- **Marlene O. is a legal secretary. She lost 22.7 pounds in just eight weeks.**

"My boyfriend used to call me "jelly oaf". Now he gets jealous when we go out and other guys look at me twice. Plus I feel terrific. I've got more energy than I ever had before."

- **Barbara T. is a 24-year-old homemaker. She lost 36.4 pounds in 14 weeks.**

"I used to go all day without eating. Then later, when I came home, I'd binge until bedtime. Not any more. I'm eating regular meals throughout the whole day. And I've lost over 30 pounds!"

This is the first time the Columbus Program has been available outside of a clinical setting. It's being distributed by Green Tree Press, Inc. in Erie, Pennsylvania.

We'll be happy to send you the complete program — including the full maintenance program — to examine for 35 days. Show it to your own doctor. Try it *yourself*. There's no obligation. In fact, we won't cash your check for 31 days. Feel free to postdate it 31 days in advance, if you wish.

Choose a day and start the program. If you don't begin losing weight within three days — and continue losing weight — we'll promptly return your ***original uncashed check***. No delays. No excuses.

Or keep it longer. Try it for a full year. Even then, if you're not continuing to lose weight on a regular basis, or maintaining the weight you've already lost, we'll send you a full refund. Promptly. And without question.

To receive the program, just send your name, address and postdated check for $12.95 (plus $3.00 shipping and handling) to The Columbus Program, c/o Green Tree Press, Inc., Dept. 246, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Banking and business references are available upon request.

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"What do you mean you want to return it?"

It's happened to all of us.

You walked in to buy a ipstick, and you walked out with the works.

The night cream she embarrassed you into buying for $39.

The lipstick that was too dark. The lipstick that was oo light.

And return it? Hah!

So call 1-800-858-8000 or your Avon Representative.

She's a nice person a lot like you. Who'll never, ever talk you into buying anything.

That's not our style.

But taking returns is.

Because everything you buy from Avon is unconditionally guaranteed.

Lipsticks, eyeshadow, fragrances, gifts. Everything.

If you've made a mistake, return it. Even if you've used it. We'll give you an exchange or a refund.

How can we do it?

We've got unbeatable products. Like our Color Release Long-Wearing Lipstick. It's the first lipstick that renews itself. So it lasts and lasts and lasts.

You see, with Avon, you really can't go wrong.

Even if, once in a while, you do.



Avon

THE SMARTEST SHOP IN TOWN


Bain de Soleil Sport stands up to sun, sweat, and surf.
BAIN SOLEIL
SPORT LOTION
When you're out in the sun all day, you have better things to do than worry about re-applying sunscreen every 80 minutes (which is how long other sunscreens may last). Sport Lotion not only gives you six hours of waterproof protection, it's sweat-proof. Non-greasy. And it comes in an SPF right for you.
Bain de Soleil Sport. It stays on as long as you stay out.
IT WON'T WEAR OUT UNTIL YOU RUN OUT OF SUN.
BAIN SOLEIL
THE INTELLIGENT TAN.
©1992 Richardson-Vicks Inc.

Over-thirty model contest, the best white shirts, and more

Over thirty? Be a model

The **DOVE/LHJ Classic Model Discovery Contest** and the **DOVE/LHJ Model-Beautiful Skin Contest** are here again and open to women age thirty or over by July 31, 1992. The 1992 Classic Model winner will receive **$25,000**, a **one-year modeling contract** with the Wilhelmina agency and a **$5,000 designer wardrobe**. The Beautiful Skin winners will be awarded $500 toward a day of beauty in their hometowns. You can enter both contests, but win only one. Official rules are on page 82. Enter today!

DOVE CLASSIC MODEL DISCOVERY ENTRY FORM

Explain, in fifty words or less on a separate sheet of paper, "I have camera potential because . . ."
Name (please print clearly)

_____

Address_____
City_____State_____Zip code_____
Contest region_____Daytime phone_____
Date of birth/present age_____
Height_____Weight_____Eyes_____Hair_____
Dove makes my face feel_____
ENTRIES MUST BE RECEIVED BY JULY 31, 1992
SEND ENTRY TO: Dove Classic Model Discovery
WPE
P.O. Box 13418
Bridgeport, CT 06673-3418
ENCLOSED ARE: two recent color photographs (full-length and head shot) and two Dove wrappers OR the following phrase on a 3" x 5" sheet of paper: "Dove contains ¼ moisturizing cream. It won't dry your face like soap." LHJ

DOVE MODEL-BEAUTIFUL SKIN ENTRY FORM

Tell us, in fifty words or less on a separate sheet of paper, "Why my skin is model-beautiful at age 30+."
Name (please print clearly)

_____

Address_____
City_____State_____Zip code_____
Contest region_____Daytime phone_____
Date of birth/present age_____
Height_____Weight_____Eyes_____Hair_____
Dove makes my face feel_____
ENTRIES MUST BE RECEIVED BY JULY 31, 1992
SEND ENTRY TO: Dove Classic Model Discovery
WPE
P.O. Box 13418
Bridgeport, CT 06673-3418
ENCLOSED ARE: one recent color photograph (head shot) and two Dove wrappers OR the following phrase on a 3" x 5" sheet of paper: "Dove contains ¼ moisturizing cream. It won't dry your face like soap." LHJ

I've been using Dove Beauty Bar since I was a little girl. I never thought it would help turn me into a model at age thirty-six. It's a dream come true," says Debbie Hollister, the 1991 Dove Classic Model winner. "Not only that, being in Ladies' Home Journal has made me a celebrity in my hometown!"



Photo, Richard Dillon

White of way

GREAT WHITE COTTON SHIRTS ARE MUST-HAVE WARDROBE BASICS (IN FACT, YOU CAN'T HAVE TOO MANY!). THE BEST ONES ARE ROOMY BUT NOT TOO LONG OR WIDE, WITH CLASSIC STYLING. BUT BEFORE YOU STOCK UP, CHECK OUT THE WHITE STUFF BELOW



EQUIPMENT $80 We know the price is steep, but this perfectly cut and elegantly made shirt will look great for a long time. A good weight (no see-through here), it can be worn tucked in or out. Classy French cuffs add even more high style.

THE LIMITED $39 A true basic with simple, clean lines, a small, classic collar, nearly invisible stitching, delicate mother-of-pearl buttons and a *faux* monogrammed pocket. Can be dressed up or down; looks far more expensive than it is.

ANN TAYLOR $58 We loved the new look of this waist-tied shirt; it solves the tuck-in problem beautifully! Two back darts make for a contoured fit. Great with jeans, shorts, a short sarong or a long skirt. Flatters a trim midriff.



THE GAP $34 A cozy shirt that's a heavier fabric, almost flannel-like. It's very long and wide, so if you like generous cuts, this is it. Tucking in could be a problem, and the fabric is difficult to press smoothly.

PERRY ELLIS AMERICA $48 A ladylike shirt with little pearl buttons and front darts that taper for a tailored, closer-to-the-body fit. It's quite sheer; you'll need a camisole underneath or a jacket over it.

J.H.COLLECTIBLES $68 A sporty style with a button-down collar and patch pockets. Not a good choice if you're busty (the pockets add bulk) or if you want dress-up versatility. Expensive for limited wearability.



Choosing the perfect foundation

Can't find a base that matches your skin? The secret is key words on the product label. B.J. Gillian, makeup pro and consultant to Cover Girl, clued us in: Skin tones are either warm (yellow undertone), cool (blue undertone), or neutral (somewhere in between).

First, determine your skin tone. If you want a warm foundation, look for words like *cream*, *beige* or *tan*. Try Revlon Springwater Makeup in Tan; L'Oréal Hydra Perfecte Hydrating Makeup in Sand Beige.

For cool skin tones, the key word is *ivory*. Count on Maybelline Moisture Whip Liquid Make-Up in Light Ivory or Cover Girl Extremely Gentle Liquid Make-Up in Gentle Ivory.

A neutral foundation label should say *true* or *natural*. Our picks: Max Factor New Definition Perfecting Makeup in True Beige; Revlon New Complexion Makeup in Natural Beige.

The best ads for Dove are the women who use it.

Mary Richardson
Burnham, Illinois

1/4 Years of Dove



Dove® contains 1/4 moisturizing cream.

It won't dry your face like soap.

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IT'S ALL ABOUT PANTYHOSE THAT DON'T QUIT WHEN YOU'RE WORKING LATE.

Presenting No nonsense with the unique Stay Flat® Waistband. Designed so it won't roll down or bind, even when you're working overtime. It's something other pantyhose just don't have. No nonsense. As beautifully put together as the women who wear them.



NO NONSENSE® PANTYHOSE.


BEAUTIFULLY PUT TOGETHER.



BENETTON $70 Cut just like a man's shirt. Works best with jeans or khakis. We think this one's definitely too expensive for an all-purpose basic that has no special features.



J.CREW $42 A streamlined, no-frills, one-pocket shirt, as basic as a tee. Nicely made, but it is see-through—you'll need to wear a camisole . . . or keep it under wraps.



COUNTRY ROAD AUSTRALIA $69 This one is very much like a man's dress shirt. The navy monogram and gray pearl buttons make it sporty, but we could live without them.



DKNY $80 This is signature DKNY: a big, white shirt that gives you a luxe look on top and a body-suit bottom. Super-quality cotton—worth the hefty price.



EXPRESS $60 A luxe eyelet with side slits gives it wear-in-or-out versatility. Has year-round appeal—great over a ribbed camisole or under fall tweeds. Worth buying.



GUESS $52 Extremely casual button-down. Nice cotton but a fairly nondescript style, except for the Guess logo, which, we think, gives the shirt a junior look.

STAR SCENTS



Julia Louis-Dreyfus

Ever wonder what fragrances celebs dab behind their ears? Here are the stories behind the scents . . .



Joan Rivers



Joan Van Ark

■ **Julia Louis-Dreyfus, *Seinfeld*** "I wear Penhaligon's, a Victorian posy scent that I discovered when I was a student backpacking through Europe. I remember the shop; it was gorgeous, filled with beautiful bottles. Certain scents remind me of people. My grandmother used to wear Youth Dew, by Estée Lauder. Youth Dew mixed with the smell of cigarettes. That probably sounds gross, but I loved her, so to me it smelled good."

■ **Joan Rivers** "I've been wearing Joy for twenty-five years, and I love it. It smells like tuberose and lilac. I've tried others—Chanel No. 5, Shalimar—but I don't like switching around, so I stick to one."

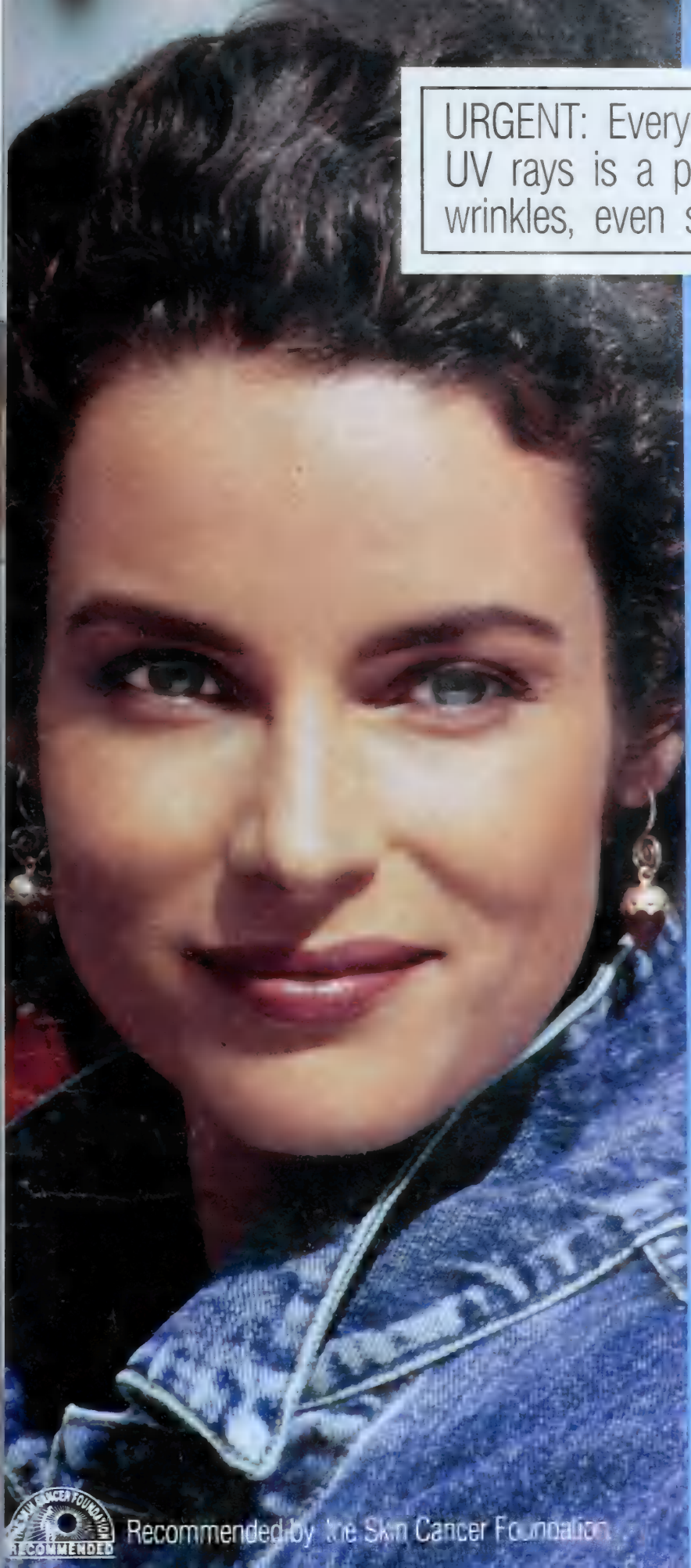
■ **Joan Van Ark, *Knots Landing*** "I wear First by Van Cleef and Arpels. Your scent is your signature, and this is warm, classy and sexy. I think certain scents take you back to a specific person, time and place, but I won't say anything more about that! "

■ **Shanna Reed, *Major Dad*** "Right now I'm wearing Trésor, by Lancôme. It's an earthy floral, and I've never gotten more compliments. I discovered Trésor right about the time I got pregnant [she's due in April], and I've been wearing it ever since."



Shana Reed

—SUSAN SWIMMER



URGENT: Everyday exposure to UV rays is a primary cause of lines, wrinkles, even skin cancer.

INTRODUCING: Daily UV Protectant from Oil of Olay. The only moisturizer combining **SPF 15** protection, the level dermatologists recommend, with light Olay fluid. Fluid working like young skin's, penetrating instantly... greaselessly. To soften, smooth, protect.

NEW DAILY UV PROTECTANT.
For healthier, younger looking skin. Now and years from now.



Recommended by The Skin Cancer Foundation


Summer
1992
For the store nearest you call
1-800-DOCKERS
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The *all-star* summer beauty directory



WE WENT TO THE EXPERTS, THE COUNTRY'S TOP DOCTORS, FITNESS GURUS AND BEAUTY PROS, TO BRING YOU THE VERY LATEST FACTS ON LOOKING AND FEELING GREAT ALL SEASON LONG

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"Open up wide, an… y see…"

"My First Tooth"

Classic artistry, timeless appeal… just $69



PREMIERE GRADE

…rtual size of doll…9 inches high, seated. Complete with …ee…ing ring." Shown in a mi…ial setting. …e is not like you.

…The …Doll Company, …, Illinois …

A6771-CE

"My First Tooth"



Patricia has not been her usual self these last few days, but this morning when Mommy comes into the nursery, Patricia breaks into the widest smile Mommy has ever seen. There in the middle are two tiny teeth!

"My First Tooth" is the premiere issue in *Happiness Is...*, a collection of porcelain baby dolls by artist Kathy Barry-Hippensteel, capturing babies' delight in the simple day-to-day things in life.

Quality Craftsmanship in Every Detail

Patricia's head, arms, and legs are hand-cast of bisque porcelain, masterfully painted to capture the warm blush of a healthy baby girl. Her blue, hand-set eyes twinkle with delight. Ms. Hippensteel has dressed Patricia in a soft, aqua, one-piece sleeper featuring satin ribbon and eyelet-trimmed sleeve cuffs, and leg-hugging pant cuffs. Her broad, eyelet collar has matching ribbons and petite bunny appliques. On her feet Patricia wears removable bunny slippers and proudly clutches her very own bunny-shaped "teething ring."

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "My First Tooth" has earned the *Standards'* highest rating for artistry and craftsmanship – Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship – such as "My First Tooth" and other Premiere Grade dolls – have excellent potential to appreciate. Bear in mind that "My First Tooth" is an exquisitely crafted baby girl doll, just like the exceptional baby girl dolls we recommended in the chart below. "My First Tooth" has similar credentials that make this doll's potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "My First Tooth" can be yours to cherish for only $69.00 – *an extraordinary value for a porcelain baby doll of this quality.* To order, simply complete and mail the attached Reservation Certificate. But hurry... "My First Tooth" is issued in an edition ending forever on December 31, 1992. At that time molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Baby Doll	Edition End	Issue Price	Average Market Value*	Change
"Heather"	1987	$48	$409	+$361
"Jennifer"	1988	$58	$346	+$288
"Sarah"	1989	$58	$148	+$90

*Source: January, 1992 survey of sales by select doll dealers. Prices are based on relatively few sales and reflect supply and demand. Actual resale prices realized by collectors may be lower.

COMPLETE, DETACH AND MAIL

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9200 North Maryland Avenue
Niles, Illinois 60648-1397

THE ASHTON-DRAKE GALLERIES®
Bringing You Dolls of Irresistible Value

PLEASE RESPOND BY:
June 15, 1992

YES, please enter my reservation for "My First Tooth", first issue in the *Happiness Is...* collection. Limit one. I understand that I need SEND NO MONEY NOW. I will pay for "My First Tooth" in four convenient monthly installments of $17.25* each, the first being billed before shipment of the doll.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "My First Tooth" to the Ashton-Drake Galleries at any time within ***one full year*** after I receive my doll for a refund or credit of the full purchase price, including postage.

X _____
Signature Date

( )
Name (please print clearly) Telephone

Address Apt. No.

City State Zip

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $94.00 plus postage and handling and any applicable sales tax.

76771-D88090



The safe-tan plan

SUNLESS SELF-TANNERS ARE THE ONLY WAY TO GO. ACCORDING TO DERMATOLOGIST *Perry Robins*, M.D., PRESIDENT OF THE SKIN CANCER FOUNDATION, AND *Chris Vaughan*, VICE-PRESIDENT OF RESEARCH AND DEVELOPMENT FOR SUN PHARMACEUTICALS, THE ACTIVE INGREDIENT IN SELF-TANNERS IS DIHYDROXYACETONE OR DHA, A SUGAR. DHA COMBINES WITH PROTEIN IN YOUR SKIN TO CREATE A TAN. THE ORANGE SHADE PRODUCED BY EARLY SELF-TANNERS RESULTED FROM DHA REACTING WITH THE SKIN'S TOP LAYERS. TODAY, DHA TRAVELS DEEPER INTO THE SKIN WITH THE AID OF INGREDIENTS LIKE GLYCERIN FOR A MORE NATURAL-LOOKING TAN

Our testers tried twelve tanners that ranged from $4.99 to $30. Some of them turn your skin golden and others a deep bronze—it all depends on your skin type. Here's what they found:

STEPHANIE: *I have fair skin with golden undertones. I'm a bit freckled, and in the summer I do sunbathe.*

Clarins Lait Solaire Auto-Bronzant SPF 6 Self Tanning Milk. 4.4 oz., $16.50. A thick white cream with an almond scent. Applied two coats; no color change for six hours. Tanned my skin well—a golden natural color. J.F. Lazartigue Soins Solaires Creme Auto-Bronzante. 3.4 oz., $30. Gives no directions in English—big problem! Great vanilla scent. Tanned my skin well. Needed two coats. Estée Lauder Self-Action Tanning Creme, Light. 4 oz., $15. Sweet smell. A thick consistency. Tanned my skin pretty well. Needed two coats. Vaseline Intensive Care Moisturizing Sunless Tanning Lotion for Fair Skin. 4 oz., $7. Had a smooth consistency. Smelled a bit medicated. There was no change on my skin for ten hours, and even then there was not much of a change. In all, the products worked—my skin *is* darker. But they all took longer than the directions said.

NICOLE: *Self-tanners are my favorite summer beauty product. My skin is a medium color with olive undertones, so I tan easily.*

Avon Sun Seekers Sunless Tanning Lotion. 4 oz., $4.99. Sort of watery, did not absorb quickly; gave a good, even tan. It had a tingling sensation upon application. Lancôme Effet du Soleil Self-Tanning Moisture Care for the Face. 1.7 oz., $26. It had a perfume smell, creamy texture. It went on nicely, absorbed quickly. Developed into a nice even color with the added benefit of a built-in moisturizer. Bain de Soleil Sunless Tanning Cream. 3.5 oz., $23.50. The product went on easily, was absorbed quickly, developed into a rich-looking tan. Banana Boat Sunless Tanning Lotion Natural Color for Face and Body. 3.75 oz., $6.99. Creamy, no scent, absorbed easily into a deep, even color. All of the tanners worked equally well, which may have something to do with how easily I tan in the sun. I looked like I had been at the beach for a week.

LOIS: *Having very pale, freckled skin and not having been in the sun for about ten years, I was curious about what my fake tan would look like.*

Chanel Soleil Bronzage Automatique Perfect Colour Self-Tanning Lotion SPF 8. 3.5 oz., $23.50. I loved the idea of a pump; it seemed less messy. I turned a golden tan—deeper than I expected, but it did look real. Clinique Self-Tanning Formula. 4 oz., $12.50. The tan was a little too coppery for my skin tone. Clinique Daily Sun Glow. 7 oz., $16. I preferred this to the other Clinique tanner because it gave a subtle light-beige look. Elizabeth Arden's Natural Look Self-Tanner for the Face SPF 15. 1 fl. oz., $18.50. I applied this very sheerly and liked the results — a sunny glow.

All of the tanners include application instructions—some are better than others. Clinique's instructions are clear and very detailed:

1 Exfoliate the area to be tanned with a granulated product for the smoothest application. If your skin is oily, look for an exfoliator with a water base.

2 When applying the tanner, spread quickly and evenly over skin. Try using vertical strokes first, then horizontal strokes to ensure an even skin tone with no tanless spots. Wash hands immediately after application.

3 Avoid contact with clothing, hair and water before product is fully dry, which should take about three hours, depending on your skin type.

4 On areas of the skin that normally wrinkle or have tiny lines such as elbows and knees, apply a thinner coat of product because these areas absorb more and develop more color.

5 If you have blemishes, wait until they've cleared before using a tanner or skin will not tan evenly.


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Can you bare it?

SECRETS TO SMOOTH, SEXY, SHOW-OFF SKIN, FROM THE EXPERTS: *Dr. Mary Ellen Brademas*, CHIEF OF DERMATOLOGY, ST. VINCENT'S HOSPITAL, NYC, *Dr. Nelson Lee Novick*, ASSOCIATE CLINICAL PROFESSOR OF DERMATOLOGY, MOUNT SINAI MEDICAL CENTER, NYC, *Dr. Gary Monheit*, ASSISTANT PROFESSOR OF DERMATOLOGY, THE UNIVERSITY OF ALABAMA MEDICAL CENTER, BIRMINGHAM, *Dr. Joseph Bark*, CHIEF OF DERMATOLOGY, AND *Dr. Donna Roth*, STAFF DERMATOLOGIST, ST. JOSEPH'S HOSPITAL, LEXINGTON, KENTUCKY

YOU GOT BURNED

You already know you shouldn't sunbathe, but if you do plan on spending hours at the beach, you can prevent disaster. Dr. Brademas believes in taking aspirin before you sit out in the sun for an extended period, because it inhibits an inflammation-causing compound called prostaglandin. If you do get a burn, try soothing the skin with cool compresses—half cold water and half whole milk—using a cotton washcloth. If your skin blisters, you could get a serious infection. See a dermatologist for treatment.

BANISH BREAKOUTS

Summertime breakouts are tricky to control. The combination of heat, humidity, and perspiration makes sweat glands unable to regulate your body's natural oils, which leads to breakouts. For mild acne, Dr. Roth advises that benzoyl peroxide solutions are often too drying for adult skin, and suggests the use of Retin-A or topical antibiotics like Cleocin T and Erygel, applied once or twice a day to treat an entire area, like the chest, back or face. For more serious acne, oral antibiotics like tetracycline and erythromycin are very effective. Consult your dermatologist for the best treatment for your skin, advice on using these products with other medications (including birth control pills) and the risk of photosensitivity.

SMOOTH TALK

Rough elbows and knees are bothersome in the winter, but during the summer they become a problem for all to see. Dr. Novick says the condition is your skin's way of protecting itself. He suggests using gentle soaps and cleansers on the areas and warns against using any sort of polyester sponge, loofah, or brush which will aggravate the problem. Slather on the moisturizer, especially after a bath or shower, and reapply often. Dr. Bark says the latest information indicates moisturizers with lactic acid, which sloughs off dead skin cells, work best. Both Lac Hydrin 5 and Acqua Glycolic are sold over the counter. If the condition persists, or if any pain, flaking or tenderness occurs, see a dermatologist for treatment.

NO SWEAT

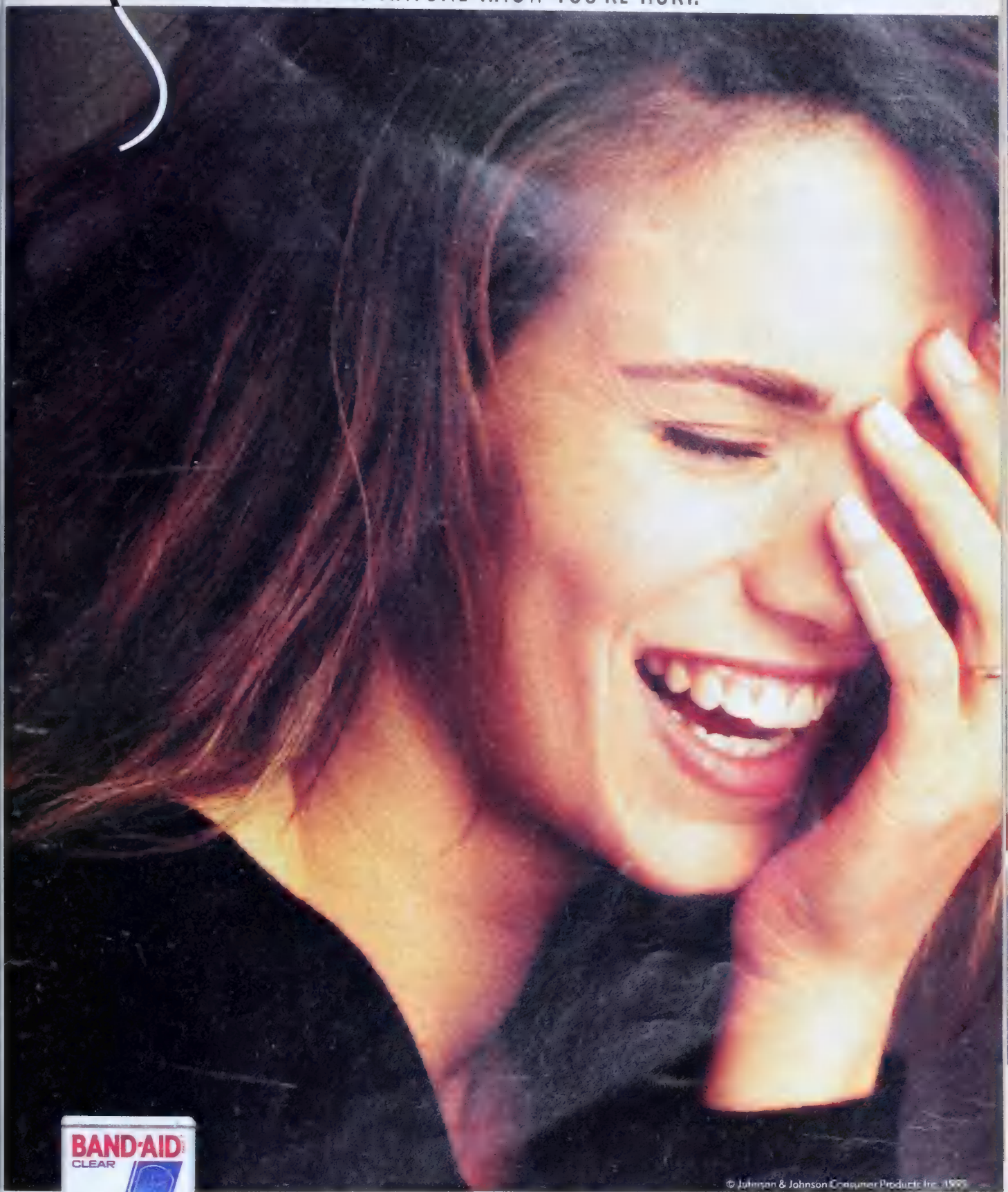
Perspiration is the body's way of eliminating heat, but in the summer months, sweating can get out of control. Dr. Monheit recommends wearing loose clothing in natural fibers like cotton and linen and dusting on a liberal dose of powder with cornstarch to absorb moisture. Dr. Bark tells his patients to use a combination antiperspirant/deodorant—in the morning, apply once, let dry, and apply again. Reapply throughout the day if necessary. For more serious perspiration problems, ask your dermatologist about Drysol, a potent nighttime prescription that works while you sleep. —SUSAN SWIMMER

MOLES AND MELASMA

Moles aren't just a cosmetic nuisance: Dr. Monheit says that 20 percent of melanomas (skin cancers) start out as irregularities in moles. The average person has fifty "normal" moles, dark spots on the skin that are less than four millimeters in size, with smooth edges and uniform coloring. Abnormalities are signaled by jagged edges, change in size, mixed coloring or white spots within the mole. Sun exposure stimulates mole growth and change, often in the form of malignant degeneration. Other risk factors include a family history of melanomas and a higher number of normal moles. Get checked regularly by a dermatologist and do frequent self-checks.

Melasma is a darkening of the skin due to high levels of melanin (which causes pigmentation), most common to the face, neck and chest. It looks as if a permanent shadow is cast over an area of the skin. Risk factors include dark complexion, family history and elevated hormone levels (common during pregnancy), but tanning, either by the sun or by self-tanners, will make the condition more pronounced. Melasma often goes unnoticed until a person is in the sun. According to Dr. Monheit, skin bleaching is a solution. A topical medication is applied to stop the production of melanin and speed up skin growth. Without melanin, the new skin won't be darkened. —S.S.

HHHHH. DON'T LET ANYONE KNOW YOU'RE HURT.



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(Remember to check with your doctor before starting any exercise program.)

Dan Isaacson's FIVE-MINUTE AB FLATTENERS

Dan Isaacson is a pioneer in private training in Los Angeles and the president and founder of Winning Results. He has trained such stars as Jane Fonda, Demi Moore and Kate Jackson. Do three sets of ten, three times a week.



1. Curl-ups
Hold towel behind neck as shown. Keep elbows out to side and raise shoulder blades off the floor; pause at the top of the movement. Lower to floor. Repeat.

2. Knee-ups
Start with feet flat on the floor, knees bent. Draw knees to chest and lift tailbone off floor at the top of the movement. Lower feet back to the floor slowly, keeping knees bent. Don't rock. Repeat.





3. Diagonal reach
Lie on floor, knees bent, pressing lower back into floor, with towel held in front of you. Raise shoulders, reach to one side. Pause at top of movement, return to starting position. Continue.

4. Side crunch
Cross legs and hold knee in place as shown. Reach with opposite elbow as far as you can, raising shoulder off the floor. Hold for one count.Lower. Continue, then repeat on opposite side.



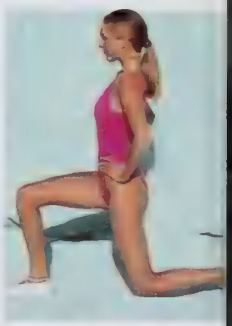
Lidija Hauck's Secret to shapelier legs

Lidija Hauck is the owner of New York City's prestigious Soho Training Center. Celebs like Ellen Barkin and Susan Sarandon train at her gym



1. Squats
Stand with feet shoulde width apart. Rest heels barbells as shown. In a smooth motion, bend knees and sit.Thighs should be parallel to floor. Then pull body up to a standing position. D three sets of ten three times a week.

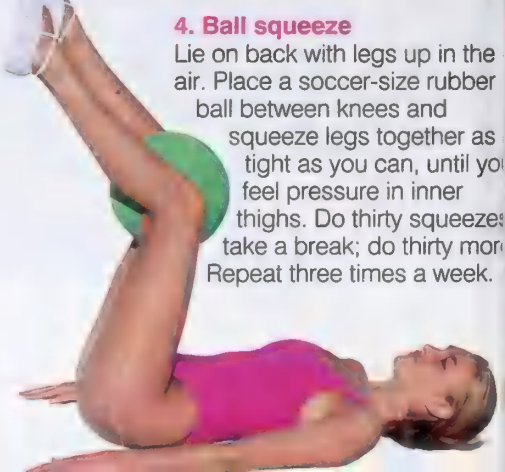
2. Lunges
Stand and lunge forward with right leg at a 90-degree angle. Then thrust back to starting position and repeat with the left leg. Keep your knee over the ankle that is lunging. Do ten sets for both legs three times a week.





3. Side leg lifts
This exercise is done with elastic bands. Lying left side, bend knees in a 90-degree angle. Place band above knees. Lift right leg until you feel resistance. Pulse leg from three to five inches fifteen to thirty times. Switch legs and repeat Try to build to three sets per leg. (A band like this is available at any hardware stor

4. Ball squeeze
Lie on back with legs up in the air. Place a soccer-size rubber ball between knees and squeeze legs together as tight as you can, until yo feel pressure in inner thighs. Do thirty squeeze take a break; do thirty mor Repeat three times a week.



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Kathy Smith's

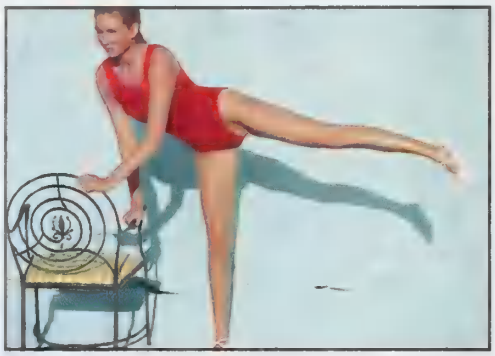
Fast thigh toners

An athlete and world-renowned fitness guru, Kathy Smith has produced ten award-winning home videos. She appears regularly on national TV and owns Mezzeplex, a high-tech health club in Los Angeles.



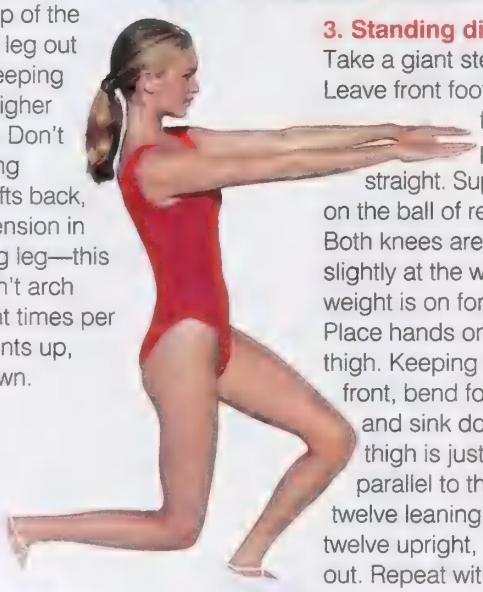
1. Decline hamstrings bridges

Lie on back with heels on a sturdy chair, knees directly above hips. Heels should be slightly higher than knees. Press through heels to raise lower back, and squeeze buttocks together to lift pelvis. Point right leg up. Do sixteen times. Repeat with left leg.



2. Standing side leg lifts

Stand sideways to a chair. Angle the leg closest to the chair to about 45 degrees. Lean over and support yourself on forearm against the top of the chair. Now lift leg out to the side, keeping heel slightly higher than your toe. Don't lock supporting knee. As leg lifts back, you will feel tension in the supporting leg—this is natural. Don't arch back. Do eight times per leg, three counts up, one count down.



3. Standing dips

Take a giant step back. Leave front foot flat on the floor, toes pointing straight. Support yourself on the ball of rear foot. Both knees are bent. Bend slightly at the waist so weight is on forward foot. Place hands on front of thigh. Keeping hips facing front, bend forward knee and sink down until your thigh is just about parallel to the floor. Do twelve leaning forward, twelve upright, with arms out. Repeat with other leg.



4. Inner-thigh lifts

Lie on right side. Place left hand, palm down, in front of body. Plant the foot of left leg in back of the knee of right leg. Hips should be vertical. Keep right leg straight and right heel higher than toe; raise and lower leg. Don't sit back on buttocks when lifting leg. Repeat sixteen times, each leg.

Hair, Syd Curry for Dorie Sherman; makeup, Agostina for Celestine L.A.; leotards, Marika; model, Jackie Volker for Elite L.A.

Denise Austin's

Five-minute buttocks shaper

Denise Austin is the star of *Getting Fit with Denise Austin* on ESPN daily and creator of the *Hips, Thighs, and Buttocks* video among others. Do each exercise for one minute.

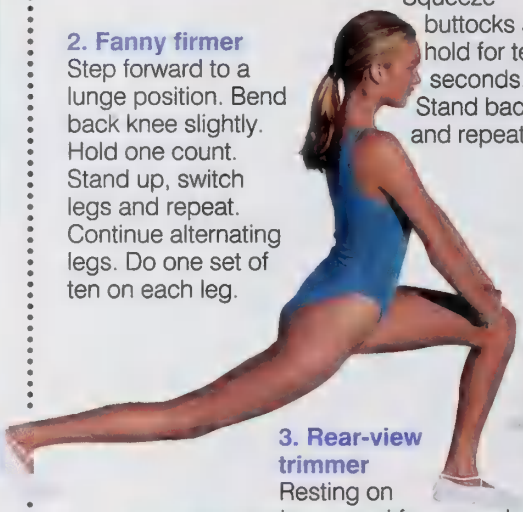


1. Buttocks buste

Standing, bend you knees only about halfway (to a 45-degree angle). Squeeze buttocks and hold for ten seconds. Stand back up and repeat.

2. Fanny firmer

Step forward to a lunge position. Bend back knee slightly. Hold one count. Stand up, switch legs and repeat. Continue alternating legs. Do one set of ten on each leg.



3. Rear-view trimmer

Resting on knees and forearms, bend right leg and point toes. Pulse leg up as high as yo can. Don't arch back. Lowe Repeat for thirty seconds. Switch legs; repeat



4. Rear tightener

Lie on back with knees bent and feet about hip width apart. Place hands at sides, palms down Squeeze buttocks and abs, then tuck pelvis up u buttocks are slightly off floor. Keep head, shoulde torso and feet pressed against the floor. Hold for seconds. Roll back down slowly. Repeat five tim




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Beauty and the heat

WE TALKED TO FOUR TOP MAKEUP ARTISTS IN HOT SPOTS ACROSS THE COUNTRY—NEW YORK, HOUSTON, LOS ANGELES AND MIAMI, WHERE THE AVERAGE SUMMER TEMPERATURES RANGE FROM 75 TO 83 DEGREES—AND ASKED THEM TO HELP. OUR EXPERT TEAM INCLUDES:

Bobbi Brown Frederic Fekkai at Bergdorf Goodman, NYC
Heidi Schulze Urban Retreat, Houston
Victoria Jackson Victoria Jackson Cosmetics, Los Angeles
Terry Jacobs Founder of Cosmetics for the Tropics, Miami



THE 10-STEP ROUTINE

1 Start with a freshly cleansed face. Apply a water-base moisturizer where needed. Skip the center panel of your face if skin is oily. "If you skip moisturizer, your makeup will be streaky within an hour," says Jacobs.

2 *Our pros suggest switching to a solid concealer in a stick or pan form for summer. These tend to "travel" less in heat. Dot on with a cotton swab, blend with a sponge.*

3 According to Schulze, most working women feel a need to wear foundation in the summer to look polished. Best solution: an oil-free, water-base foundation. If your aim is a more casual look, a tinted moisturizer adds a natural-looking wash of color.

4 *A warm rose or pinky-coral powder blush looks natural on most women. Look for oil-free or, even more advanced, talc-free formulas, for a sheerer finish. If you're skipping foundation, a dusting of transparent powder will keep blush from sticking to oily spots.*

5 Brown likes a golden beige powder as a final setting step—it adds warmth and helps hold makeup in place. Buff powder at jawline and hairline for invisible edges.

6 *All of our experts suggest using powder shadows and a primer prior to eye makeup application. Brown says light, natural shadows, like camel, moss or taupe, give emphasis without a heavy look. Schulze likes banana and canteloupe. These colors tend to stay fresh-looking in high temperatures longer than dark, smoky colors.*

7 Line top lids. Avoid lining lower lids and inside rim (count on this to smear, look dirty). A pencil line retraced with powder shadow is smudgeproof.

8 *A water-resistant mascara is best for everyday use; daily use of a waterproof version is too drying. Schulze suggests having your lashes professionally dyed at a salon. The dye is vegetable based. The procedure lasts a month and costs about $20.*

9 While the rest of the face is fairly matte, our pros like moisturizing lipsticks with sunscreen for summer. Victoria Jackson says lining and filling in lips with lip pencil before adding lipstick gives the longest-lasting color without bleeding.

10 *As a final step and a midday freshener, mist entire face lightly with a mineral-water spray. Hold spray ten inches from face; don't saturate skin.*—NICOLE MILTON

Sun-kissed in seconds

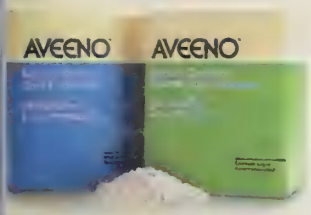
Bronzing powders are a great choice for an instant glow. We asked Linda Mason, makeup artist to such superstar models as Paulina, for tips

- Dip your blush brush into the bronzer and tap off excess. The pigments in the bronzer tend to adhere to the brush easily, and you don't need that much.
- Sweep bronzer from the highest point of one cheek and across the tip of the nose to the highest point of the other cheek. Add a touch at the center of forehead.
- The rest of your makeup should look natural. Use a brown mascara and avoid heavy shadows.
- Add a great lipstick in a warm color ranging from a peachy neutral to an orange-rust to a red-brown. Stay away from colors with a cool undertone, which will compete with the warmth of the bronzer.

—N.M.

A little oatmeal can make you feel good all over.

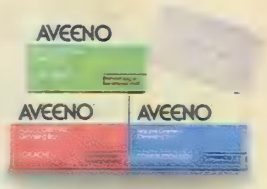
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FOUNDATIONS

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Contains sunscreen, $28.

Maybelline Finish Matte Water-based Liquid Make-up
Oil-free, six shades available, $4.35.

FOR EYES

Max Factor Splish Splash Underwater Eye Pencils
Smudgeproof for up to three hours underwater, five shades, $4.25.

Clarion Captive Color Eyeshadow Plus Base
Two shadow shades and a separate non-greasy base in one convenient compact, $4.95.

Revlon Custom Eyes Shadow
Shadow with built-in base lasts eight hours, thirty shades, $2.95.

Revlon Color Lock Lid Perfecting Shadow Base
Waterproof eye makeup primer that prevents oil breakthrough, one neutral shade, $5.25.

Revlon Water-Tight Mascara
Lash-separator brush, removes easily with soap and water, $3.95.

FOR CHEEKS

Clarion Sheer Illusion Creme Powder Blush
Comes with a brush and a sponge applicator, $7.95.

L'Oréal Microblush Softly Sheer Cheekcolour
Light, sheer application, $8.25.

FOR LIPS

Max Factor Stay Put! Anti-Fade Lip Base
Color-cling ingredients to hold lipstick in place, $5.

Cover Girl Remarkable Lipcolor
SPF 15, Vitamin E and aloe enriched, $4.95.

Clinique Sun Buffer Lipstick
SPF 15, three neutral shades: Buff, Berry Buff, Honey Buff, $10.50.

Maybelline Moisture Whip Lipstick
Vitamin E and aloe enriched, also has a protective sunscreen, $4.

Elizabeth Arden Lip Spa
Delivers moisture to lips, revitalizes and rehydrates in fourteen to twenty-one days, thirty shades, $13.50.

TO FINISH IT ALL OFF

Coty Correctives Face Powder
Available in loose or pressed versions, oil-free, noncomedogenic, contains witch hazel, a natural astringent, two shades: Translucent Sheer and Translucent Extra Coverage, $5.95. ▶

Hair, Daniel Howell, makeup, Agostina, both for Celestine L.A.; swimsuit, Lili Cube; model, Sky Nellor for PRIMA L.A.

HOW A 40-YEAR-OLD MOTHER OF FIVE LOST WEIGHT AND WON IN A BEAUTY CONTEST.



Karlon before Dexatrim

When you're a mother of five, a grandmother, and really overweight, you don't think of entering beauty pageants. And then I discovered Dexatrim! I'd been on all sorts of diets; nothing seemed to work. But on my 40th birthday I decided to take control. I picked up a box of Dexatrim, and checked it out with my pharmacist. He told me it really works, and that it doesn't have caffeine, so I wouldn't get the jitters. One Dexatrim a day controlled my appetite, so I was able to eat the foods I liked, just less of them. Well, I dropped down to a shapely size 6, kept the weight off, and entered the Mrs. Tennessee USA beauty pageant. I didn't win first prize, but I walked away with the Physical Fitness award. And walked away feeling really good about myself.

Karlon Steele

Karlon after Dexatrim





Hot summer hair

FRIZZIES AND LIMP HAIR ARE THE TWO BIGGEST SUMMER PROBLEMS WHEN HEAT AND HUMIDITY TAKE THEIR TOLL. BUT ACCORDING TO THE PROS, THE RIGHT CUT AND STYLING PRODUCTS CAN MAKE A BIG DIFFERENCE. OUR TEAM TELLS ALL:

John Frieda John Frieda Salon, NYC
José Eber José Eber Salon, Beverly Hills
Carmine Minardi Minardi Minardi, NYC
Carey Carter, Mitchell Barnes Carter and Barnes, Atlanta
Michael Mazzei Nubest & Co., Manhasset, NY

THE KINDEST CUT FOR FRIZZY HAIR

According to Frieda, "Avoid very short layers. Hair will be much easier to manage with longer top layers to weigh it down. A short cut should have a longer crown and a tapered nape. A bob should be one length, with a little layering around the face."

Styling solutions

All the experts recommend silicone-based styling products to combat the frizzies. Explains Frieda, "Dry, frizzy hair is porous and has no elasticity. You want a product that will penetrate the hair shaft, cut down porosity and thus allow the hair to dry faster." Look for a light cleansing shampoo with a low pH level; this won't overly dry the hair. If you must use a hair dryer, Carter and Barnes recommend one with both hot and cool settings: The hot air softens the hair, making it pliable, and a burst of cool air at the end freezes hair and locks in the curl. Try: L'Oréal Colorvive Technicare Daily Color Sealer, John Frieda Frizz-Ease Hair Serum, Sebastian Systema Laminates Concentrate Gel.

THE BEST TRIM FOR FINE, THIN HAIR

"Hair should be all one length or slightly layered on top for some height and fullness," says Frieda. "Layering should be concentrated on the front two inches." Says Eber: "Bangs are an option that can add fullness. "If you want a short look, try a style with long top layers, nothing choppy." Minardi says short hair is great if it suits your features and the cut has contoured layering: closer at the nape, about one inch, and fuller at the crown, about three inches.

Styling solutions

Carter and Barnes like high-cleansing shampoos that remove residue and are gentle enough for daily use. Avoid conditioning shampoos. Instead, try a spray that detangles and gives body. For maximum body, according to Mazzei, apply gel while hair is 80 percent dry. Try: José Eber Volumizing Enhancing Mist, Clairol Condition Non-Aerosol Hairspray with Sunscreen, Salon Selectives Bodifying Spray Gel.

—NICOLE MILTON



BONUS OFFER: money-saving coupons

Turn to page 203 to find coupons for: free Vitabath Plus for Sensitive Skin; free Santa Fe for Women Cologne; free Ogilvie Moisturizing Hot Oil Treatment; free color consultation and $2 savings from Avon; refund certificates on L'Oréal Permavive Technicare and Colorvive Technicare; free sample of Max Factor's Twice the Wear top coat



"Gyne-Lotrimin brings an early cure. Nothing is faster or more effective."

Patricia Allen, M.D., Gynecologist
New York Hospital

"To cure a vaginal yeast infection, a woman can't buy anything more effective than Gyne-Lotrimin.® Now she can choose the Gyne-Lotrimin cream or insert full-prescription strength without a prescription. It brings early treatment, early cure."

If this is the first time you have had vaginal itch and discomfort, consult your doctor. If you've had a doctor diagnose a vaginal yeast infection before, use as directed.

Cures most vaginal yeast infections

Full-prescription strength

Gyne-Lotrimin®

Clotrimazole vaginal cream

Early treatment. Early cure.

Schering-Plough © 1992 Schering-Plough HealthCare Products, Inc.

Stepping out

GETTING YOUR FEET IN SEE-WORTHY CONDITION IS A STEP IN THE RIGHT DIRECTION. *Jessica Vartoughian*, OWNER OF JESSICA NAIL CLINIC, AN L.A. SALON THAT CATERS TO SUCH CELEBRITIES AS JAMIE LEE CURTIS, AND MODEL CHRISTY TURLINGTON, GAVE US A GREAT AT-HOME PLAN. GIVE YOURSELF AN HOUR—YOUR FEET WILL LOOK FABULOUS

PERFECT PEDICURE

- Remove all polish and soak feet in water with chamomile tea for a cooling, soothing effect.

- Cut toenails straight across (not down at corners, which will promote ingrown nails). Use a toenail nipper with a half-inch jaw, not a regular toenail clipper, which can damage the nail. The length of the nails should be even with the ends of toes; any longer and they can dig into neighboring toes, snag your stockings, become ingrown. Any shorter and they won't protect toes. File the edges of the nail very lightly and in one direction.



- Apply cuticle cream to toes and feet. Massage with a pumice stone to remove calluses on the soles. Apply more cuticle cream and gently push back cuticles with a round-edged metal cuticle pusher. Work from each side of the cuticle toward the center. Soak a washcloth and gently push back the cuticle again.

- Cleanse feet with rubbing alcohol and then apply a rich body cream and massage up to calf. Wrap feet in plastic wrap and put on cotton socks to help the cream be absorbed into the skin. Leave them on for about ten minutes.

- Add more cream and massage the feet for about ten minutes each. Foot massage, or reflexology, is a standard part of salon pedicures. Each part of the foot corresponds to a part of the body. There are seventy-two thousand nerves in the body, and all of them end in your feet.

- Apply more cream to the feet and use a pedal file (a pedal-shaped paddle with a fine-grained surface) to smooth the entire foot and heel. Then sponge the feet with a rinse of witch hazel. Use a nail brush and soap to remove any remaining oily residue that can inhibit polish from adhering properly.

- Use foam-rubber toe separators or pieces of tissue to separate the toes for easy polishing. Apply two coats of primer (base coat). Ridge filler contains talc powder, which is drying to the nails, so use it only now and then.

- Apply two coats of color; let dry several minutes between coats. To minimize chipping, seal the edge of the nail by extending the polish over the edge of the nail tip. Apply one coat of top coat.

- Let polish dry for at least a half hour.

- Apply top coat every other day to keep color fresh. —N.M.

Pedicure, Flory Papugian for Jessica Nail Clinic; turquoise sandal, Sam & Libby



Best foot forward

For all the know-how you need to sport the latest sandals, we asked Michigan-based podiatrist Allen Zimberg where to start. He says the biggest problem is neglect, and notes that if feet weren't covered up so much of the time, people would pay much more attention to them.

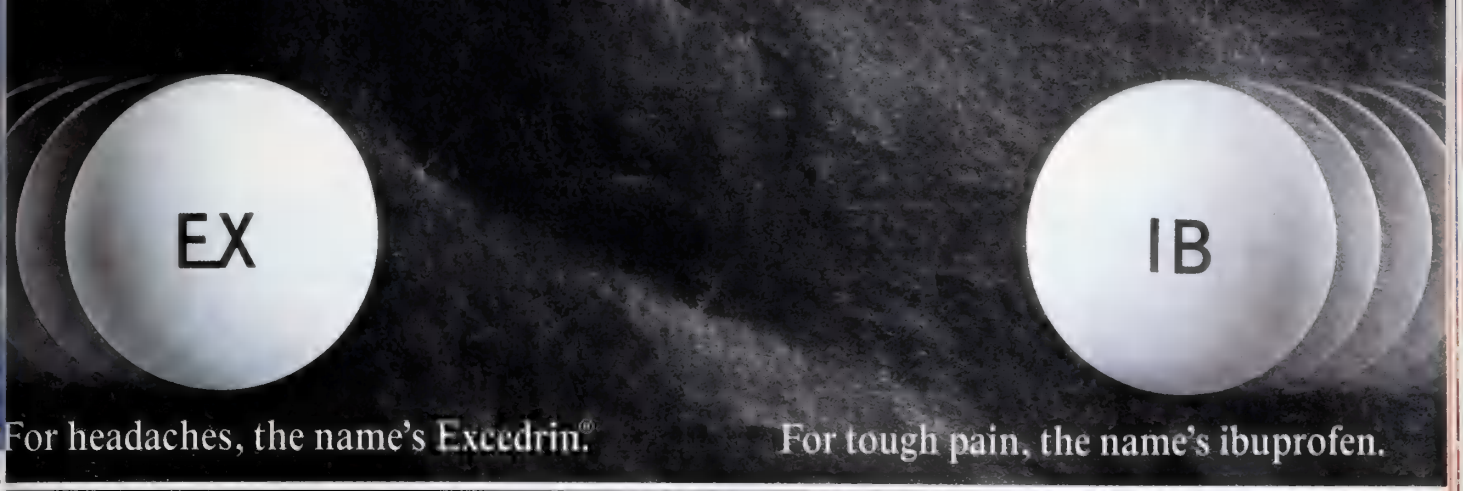
Ingrown nails *These are the result of improper trimming or pressure from snug shoes. Give yourself toe room, clip nails straight across, and if pain persists, see a podiatrist.*

Odor *This is caused by fungus and bacteria more prevalent during the summer months. Zimberg recommends changing socks often, alternating shoes (to air them out), and using an over-the-counter antifungal powder or cream. Always dry feet thoroughly after bathing, and wear all-cotton socks.*

Blisters *Friction, heat and wetness cause tissue cells to burst and become inflamed. Never pop blisters; apply an antiseptic cream and keep them covered with a bandage until they heal.*

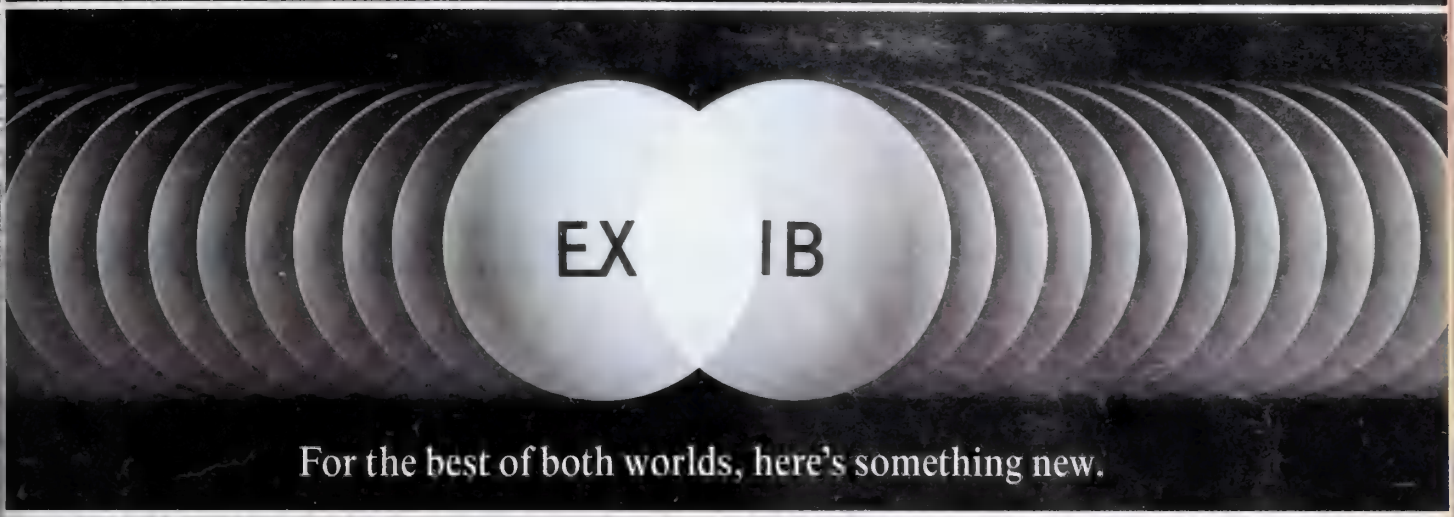
Calluses *Tough skin builds up due to excessive pressure. Dr. Scholl's Callus Remover is a medicated disk that will help loosen the hardened skin, which can then be removed in the shower or bath with a pumice stone. If pain occurs, see a doctor.*

Pump bumps *High heels cause bone spurs to form on the heel of the foot. The only cure is to change shoes regularly, so that pressure on one area gets relief. If you suspect bumps are starting to form, keep heels under two inches. If spurs are painful or persistent, see a doctor for surgical removal.* —S.S.

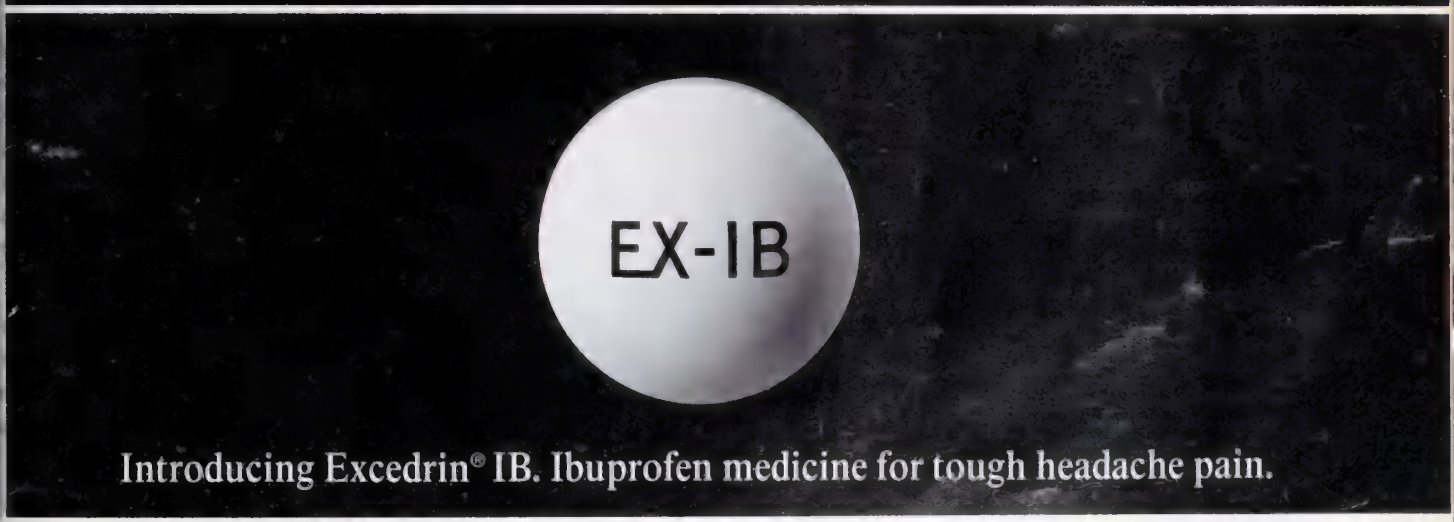


For headaches, the name's Excedrin.®

For tough pain, the name's ibuprofen.



For the best of both worlds, here's something new.



Introducing Excedrin® IB. Ibuprofen medicine for tough headache pain.



Introducing Excedrin IB. It's ibuprofen, so you know it's strong medicine for pain. And it's from Excedrin, so you know it'll work on headaches. When a tough headache gets you, get the strength of ibuprofen.

NEW EXCEDRIN IB. THE HEADACHE IBUPROFEN.

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Use Only As Directed

Perfect polish picks

CHOOSE WARM SHADES IF YOUR SKIN HAS YELLOW

warm

NATURALS	CLASSICS	NEW FOR 1992
Avon Color Last Plus Nail Enamel in Washed Copper	Chanel Creme Nail Enamel in Soft Red	Revlon Creme Nail Enamel in Orange Flip
Maybelline Revitalizing Color for Nails in Soft Suede	Elizabeth Arden Luxury Nail Color in Red Door Red	Almay Nail Enamel in Painted Marigold
Clarion Nail Color in Mocha	L'Oréal Colour Riche Nail Enamel in Red Robin	Max Factor Diamond Hard Nail Enamel in Mango
Revlon Creme Nail Enamel in Coral Gardens	Revlon Creme Nail Enamel in Love That Red	Christian Dior Nail Enamel in Fig
Clarins Nail Colour in Tender Pink	Estée Lauder Perfect Finish Nail Lacquer in Renegade Red	Clarins Nail Colour in Pumpkin
Chanel Creme Nail Enamel in Nude	Maybelline Long Wearing Nail Color in Red Hot Red	Maybelline Long Wearing Nail Color in Coral Reef
Maybelline Revitalizing Color for Nails in English Toffee	Christian Dior Nail Enamel in Sicily	Elizabeth Arden Luxury Nail Color in Vermilion
Jessica Custom Nail Colour in #139	Princess Marcella Borghese Protective Nail Lacquer in Opera Red	Cover Girl NailSlicks in Iced Cantaloupe



UNDERTONES, COOL IF YOUR COMPLEXION HAS BLUE UNDERTONES.

cool

NATURALS	CLASSICS	NEW FOR 1992
Avon Color Last Plus Nail Enamel in Silk Cocoa	Maybelline Long Wearing Nail Color in Ruby Fire	Christian Dior Nail Enamel in Palm Tree
Revlon Creme Nail Enamel in Heather Silk	Max Factor Diamond Hard Nail Enamel in Curtain Call Red	Revlon Creme Nail Enamel in Pinkish
Chanel Creme Nail Enamel in Pink Caprice	Revlon Creme Nail Enamel in Fire & Ice	Yves Saint Laurent Nail Lacquer in Exquisite Red #78
Max Factor Diamond Hard Nail Enamel in Sand Stone	Cover Girl NailSlicks in T-Bird Red	Maybelline Revitalizing Color for Nails in Fuchsia Delight
Revlon Creme Nail Enamel in Pink Plum	Clarion Nail Color in Simply Scarlet	Chanel Creme Nail Enamel in Pink Shock
L'Oréal Colour Riche Nail Enamel in Desert Flight	Chanel Creme Nail Enamel in Image Rose	Cover Girl NailSlicks in Hibiscus
Max Factor Diamond Hard Nail Enamel in Cameo	L'Oréal Colour Riche Nail Enamel in Chérie Cherry	Shiseido Nail Lacquer in Dragonfire
Elizabeth Arden Luxury Nail Color in Classic Mauve	Maybelline Long Wearing Nail Color in Crimson Creme	Maybelline Long Wearing Nail Color in Wild Berry Creme



COTY

AIRSPUN POWDER

AIRSPUN LOOSE FACE POWDER

ONE SHADE OF POWDER CAN'T BE ALL THINGS TO ALL FACES. BUT WITH 14 COMPLEXION-MATCHED SHADES, EVEN UP CLOSE, IT APPEARS YOU'VE MET YOUR MATCH.



AIMEE IS WEARING HONEY BEIGE AIRSPU
AND COTY '24' NOUVEAU WINE LIPSTICK.

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MATCH

MADE IN HEAVEN

Spa getaway contest



If you have a great summer beauty tip for beating the heat, we want to know! Send it in, and you could win a relaxing, week-long vacation for two at the sumptuous **Spa LXVI Resort Club**, at **Pier 66 Resort and Marina**, in sunny Fort Lauderdale, Florida.

You and your guest will revel in the ultimate spa retreat in one of Florida's most picturesque areas. Spa LXVI features luxury accommodations, private, top-of-the-line fitness classes, and de-stressing treatments like body massages, herbal wraps and facials. You'll also enjoy swimming, fantastic food and lots, lots more.

To enter, simply send us your best summer "beat-the-heat" tip (in thirty words or less) and one proof of purchase from an advertiser in the "All-star summer beauty directory" section by June 15, 1992. For official rules and entry form, turn to page 208.

Enter the Jelly Belly "Think Lean Sweepstakes."



Grand Prize: Celebrity Cruises Seven Night Caribbean Cruise for Two.

Plus 40 second prizes of our new Jelly Belly® gourmet gift boxes of 40 colorful,"true-to-life," fun flavors. To enter, simply pick up your free Jelly Belly Menu & official sweepstakes entry form at participating Jelly Belly retailers. Then exercise your creativity by sending us your original Jelly Belly "Think Lean Sweepstakes" recipe.



Imagine a full week of European service and cuisine while shaping up on *The Horizon,* Celebrity's new flagship. Enter now!



Sweepstakes ends Aug. 15, 1992. You must be 18 years or older. Void where prohibited or restricted by law. No purchase is necessary.

Sample Recipe: Key Lime Pie
(Total 8 Calories Per Serving)



Jelly Belly beans are just 4 calories per bean, so they're the perfect after-workout reward or anytime you're eating light.

Jelly Belly
The original gourmet jelly bean.

You'll find Jelly Belly beans worldwide wherever fine candies are sold. For your nearest retailer, CALL: 800 JB BEANS (800-522-3267) toll-free. M-F 9 a.m.- 5 p.m., PST.

It's America's Favorite Jelly Bean®

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The hard to swallow truth about Metamucil.

There are a few things about irregularity you should know before you have to drink another glass of Metamucil.®

To start with, you don't have to endure another dose of Metamucil.

CITRUCEL® is every bit as effective as Metamucil, yet CITRUCEL tastes good. In blind taste tests, 8 out of 10 bulk fiber laxative users preferred the taste of CITRUCEL over Metamucil. In fact, many say that CITRUCEL tastes more like orange juice.

But you might be wondering how CITRUCEL can work. Don't fiber laxatives need that gritty taste to work? In short, no.

Bulk fiber doesn't work through friction. It works by absorbing water into the intestine. The fiber acts like a sponge in the intestine, soaking up water which



creates bulk. That bulk in turn creates pre sure against the intestinal wall which the triggers movement.

In other words, you don't need bad tast You only need fiber. The fiber in CITRUCE It's every bit as effective as Metamucil, bu dissolves completely in water. It's 100% water-soluble. So there's absolutely no gri and no thick, gritty taste. None.

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The easy to swallow truth about Citrucel.



CITRUCEL's taste makes getting fiber into your diet easy. And it's as effective as any bulk fiber. Kind of makes another glass of Metamucil hard to swallow, doesn't it?

For more information about CITRUCEL, talk to your doctor. Or call us at 1-800-453-4865. Also available in sugar free. Use only as directed.



And not only does CITRUCEL taste bet-
er, it's easier to digest. Metamucil is made
om psyllium seed, a known allergen
hich can cause allergic reactions, as
ell as gas and cramping. CITRUCEL,
n the other hand, is made from an
ltra-pure plant fiber that's less likely
o result in any unpleasant side effects
ke gas and cramping.







OUR FAVORITE NIGHTLIGHT: DISCUSSING TURBAN AFFAIRS WITH ED (LEFT), BUSSING MADONNA (BELOW) AND SHOOTING FROM THE LIP (BOTTOM, LEFT)

Ther-r-e's Johnny!

On May 22, after hosting *The Tonight Show* for almost thirty years, Johnny Carson will sign off to millions of faithful—if somewhat sleepy—viewers. The king of late-night TV, Carson followed former hosts Steve Allen and Jack Paar into the limelight on October 1, 1962—and fast became "the man America goes to bed with." It's arguable that more Americans heard about current events in Johnny's wry monologue than on the nightly news. Yes, new host Jay Leno might continue to keep us up, but as Johnny mimes his final golf swing, we'll treasure memories like these:

- **Johnny's first guests included Mel Brooks, Joan Crawford, Rudy Vallee and Tony Bennett. Groucho Marx introduced the new host—but no one ever said "Heeeere's Johnny" quite like Ed McMahon.**
- **On December 17, 1969, Tiny Tim and Miss Vicky were married on the show, making TV history. An estimated forty-five million viewers witnessed the ceremony.**



- **As we went to press, Johnny and Ed have had seven wives between them.**
- **Doc Severinsen—whose wardrobe always guaranteed Johnny at least one laugh per show—does have a first name: Carl.**
- **Paul "I Did It My Way" Anka wrote the show's theme song.**
- **Over the years, Johnny developed a number of alter-egos—including Art Fern, Aunt Blabby, El Moldo and Carnac the Magnificent.**
- **Hundreds of comedians got their big break on *The Tonight Show*, including Don Rickles, Roseanne Arnold, Joan Rivers and Steve Martin.**
- **Johnny has hosted more than two hundred beastly guests—from a pygmy hippo to a tarantula—without ever suffering serious injury. Serious *embarrassment*, on the other hand, was always a possibility, as when a marmoset monkey "marked its territory" on Johnny's head.**

Even after he became the voice of America, Johnny Carson retained the small-town, small-boy gleefulness that made him never seem too mean. As he steps off the set and onto the golf course, there's only one thing to say: Good night, Johnny—we'll miss you.

—MELANIE BERGER



Ivana's trump card

In the two years since she was ditched by The Donald, Ivana Trump has become something of a heroine for other women. "I have a whole room filled with letters," says the chic Czech-born blond in her accented English. "It happens to so many women. They saw that if I could get out of it and just go on, that they could do it, too."

Ivana got out of her marriage to the flamboyant real estate developer quite nicely, with custody of the couple's three children, two homes and a $10 million settlement. Now, Pocket Books is releasing her romantic novel, called *For Love Alone*, on which she collaborated with Camille Marchetta. The plot may not sound altogether fictional: The heroine is an Eastern European world-class skier, escapes to a jet-set life in the West but ends up *(continued)*

"Moisture Drops® Artificial Tears puts the stars back in my eyes when they're dry and itchy."



Debbie Reynolds and her husband, Richard Hamlett.

"When my eyes get dry and irritated, I immediately reach for Moisture Drops. I've tried other eye drops. But only Moisture Drops Artificial Tears has three lubricants to soothe, moisturize and refresh my eyes. And I can trust Moisture Drops because they're from Bausch & Lomb, the eye care experts.

Try doctor recommended Moisture Drops. They'll bring out the sparkle in your eyes, too."





OFFICIAL EYE CARE SPONSOR
1992 OLYMPIC GAMES

A better way to soothe dry, itchy eyes.

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(continued) divorced from her rich husband. The tale probably won't win a National Book Award, but the publisher is pushing it hard, and Ivana will do promotional tours here and in Great Britain. And like her former spouse, she's learned the art of the deal: She's negotiating to turn her novel into a mini-series, and to market lines of Ivana clothing, jewelry and skin-care products.

She's also modeling in benefit shows and spending time with her three children (Donald Jr., fourteen, Ivanka, ten, and Eric, eight). And she has a new man, Italian playboy Riccardo Mazzucchelli. Although they've been dating less than a year, he's given Ivana a ten-carat diamond ring, and he's reportedly asked her—twice—to marry him. Will she ever wed again? Ivana says only, "People want me to come out of this nightmare I went through. They want to see me happy." And, she says, at last, she is.

—Sarah McCraw

Shelley Fabares Team player



Call Shelley Fabares to get directions to her home, and you'll discover the warm, maternal figure you'd expect. "You can't miss the house," promises the forty-eight-year-old. "It looks like Robert Young and Jane Wyatt live there." Or Donna Reed, perhaps, on whose wholesome hit show Shelley appeared from 1958 to 1963.

Almost thirty years later, Shelley is happy to be back on TV, playing Christine Armstrong in the top-ten-rated sitcom *Coach*. Christine, the smart TV newscaster who's in love with the blustery but good-hearted football coach, Hayden Fox (played by Craig T. Nelson), is a role Shelley says she would be content to play forever.

The daughter of a bank teller and a housewife, Shelley grew up just a few miles from Hollywood. She began modeling at three, and before she was a teenager had worked with such notables as Paul Newman and Rock Hudson. When she landed the role of Donna Reed's daughter, Mary Stone, she knew she'd made it.

These days, aside from acting, Shelley is a board member of the Alzheimer's Association; her seventy-nine-year-old mother is a sufferer. "It's the most gratifying thing I've ever done," she says. "My mother made so many things possible in my life. She's the major reason my career happened."

But that career, Shelley admits, has been a mixed blessing. "I would never allow a child to do what I did," Shelley says now. "The very things I was appreciated for—being a good little girl—were terrible for me as an adult. Years of therapy gave me the tools to cope, and I'm learning from Christine. She's a strong woman who is balancing a lot. She's Mary Stone after therapy."

One person who has helped Shelley through her own therapy is her second husband, actor and former *M*A*S*H* star Mike Farrell, whom she married in 1984. The marriage brought instant motherhood—to Mike's two children, Mike Jr., then fourteen, and Erin, then eleven. To ease the transition, the family went through more than three years of therapy, including sessions with Mike's former wife and her new husband. "It was a real minefield, but we worked it out," Shelley says.

Still, motherhood is a role that took some getting used to. "I had a profound jolt a while ago when I did a pilot for a series that didn't sell. I was playing the mother, and I thought, My God, I'm not a teenager anymore, *I'm* Donna Reed!"

—Nancy Mills



COACH'S WINNING LINEUP (CLOCKWISE FROM TOP LEFT): CLARE CAREY, BILL FAGERBAKKE, SHELLEY FABARES, CRAIG T. NELSON AND JERRY VAN DYKE

"Hey, what are you doing for Lunch?"

Dave Thomas Founder of Wendy's



rilled Chicken Salad
unks of chicken with fresh vegetables.
comes with a breadstick. I get hungry
just thinking about it.



Taco Salad
With our meaty chili, it's one big ole.
Sorry, I couldn't resist.



Deluxe Garden Salad
If you like a lot of fresh vegetables, here you go.
It comes with a breadstick.

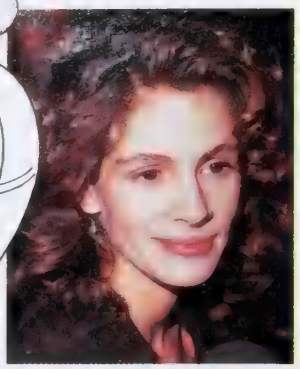


Dave's Salad Days. Fast, Fresh and Ready to Go.

Wendy's



What are Hollywood insiders talking about these days? The star-studded town is buzzing over *The Player*, a new movie *about* movies. The supposedly satirical film follows a rising young studio executive who'll do anything to reach the top—even murder a troublesome screenwriter. Directed by Robert Altman (whose last hit was *Nashville* in 1975), *The Player* set industry biggies scrambling for private screenings before its scheduled premiere on April 10. One reason: the amazing cast. Although the official stars are Tim Robbins, Whoopi Goldberg, Peter Gallagher and Greta Scacchi, every celeb in Tinseltown clamored to play a bit part. And where else can you catch Julia Roberts, Bruce Willis, Cher, Nick Nolte, Anjelica Huston, Burt Reynolds and others all in one place—after the Academy Awards?

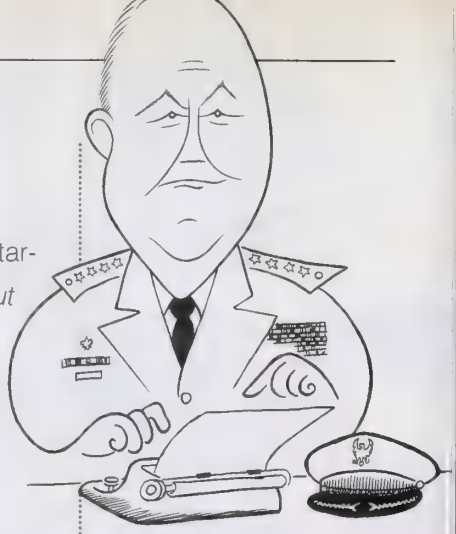




—Melanie Berger



Can it be? Are some of our favorite stars really reaching the half-century mark this year? Well, yes; but fifty never looked so good! **Barbra Streisand** (April 24) celebrated early by directing and sexily starring in her hit movie *Prince of Tides*. Rocker **Paul McCartney** (June 18) ventured into high-toned music: *Liverpool Oratorio* shot to the top of the classical charts. **Stefanie Powers** (November 2) is heading up the William Holden Wildlife Foundation, in Los Angeles. **Harrison Ford** (July 13) may have put away his fedora for the upcoming *Patriot Games*, but he remains in whip-cracking shape. And country-music legend **Tammy Wynette** (May 5) has teamed up with an avant-garde British pop duo for a video that's all over MTV! —M.B.



It's been almost a year since General H. Norman Schwarzkopf, fifty-seven, retired from the Army after a distinguished thirty-five-year career—topped, of course, by his outstanding leadership in the Persian Gulf War. So how is America's favorite general spending his free time? Mostly relaxing at home near Tampa, Florida, with his wife, Brenda, fifty-one, and their three kids—Cindy, twenty-one, Jessica, twenty, and Christian, fourteen. When he's not winning at Trivial Pursuit, fishing with Christian and cheering his daughters through college, Schwarzkopf lectures about the war (estimated average price tag: $50,000) and works on his autobiography (for which he reportedly received close to $6 million).

And what does he think about the plummeting post-war poll ratings for his ex-boss, President Bush? The officer—ever a gentleman—has "no comment."

—M.B.

L'EFFLEUR

Somewhere inside, romance blossoms.





Strands of Love

A lustrous strand of faux pearls is your FREE GIFT with any purchase of L'Effleur. Exclusively at Payless Drug Cosmetic Departments.



An expression of love in a keepsake box of Cologne Spray and new L'Effleur Dusting Powder. Plus a beautiful collection of L'Effleur personal and home fragrance items.

Payless Drug Store

1992 COTY, N.Y.

6 simple ways to bring ou









he ooohs and ahhhs.

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ON CHICKEN SALAD SANDWICH
ne 3/4 cup BEST FOODS Mayonnaise, 1/4 cup green onions, 1 Tbsp Dijon mustard, 1 tsp lill, 1/2 tsp salt and 2 cups cubed chicken. issants with lettuce, tomato and chicken Serves 6.

TIMATE ROAST BEEF SANDWICH
ne 3/4 cup BEST FOODS Mayonnaise and horseradish. Fill rolls with 3/4 lb sliced roast ettuce, tomato, onion and mayonnaise e. Serves 4.

M AND COLE SLAW SANDWICH
ne 1/2 cup BEST FOODS Mayonnaise, 2 Tbsp negar, 2 tsp sugar and 1/2 tsp salt. Add shredded cabbage or slaw mix. Layer iced ham and slaw between pumpernickel Serves 4.

RKEY WALDORF SANDWICH
ne 3/4 cup BEST FOODS Mayonnaise, 1/3 cup opped celery and walnuts and 1 tsp lem- e. Layer lettuce, 3/4 lb sliced turkey, apple nd mayonnaise mixture between toasted Serves 4.

RDEN TUNA SALAD POCKETS
ne 2 (6 1/2 oz) cans tuna, 3/4 cup BEST Mayonnaise and 1/2 cup **each** chopped and celery. Fill pitas with tuna salad, , tomato and cucumber. Serves 4.

AVENLY HERO
ne 1 cup BEST FOODS Mayonnaise, 2 Tbsp negar, 2 tsp dried Italian seasoning and arlic powder. Layer split loaf Italian bread b assorted deli meats and cheese, lettuce, and mayonnaise mixture. Serves 6.



Bring out the Best Foods®...
bring out the best.®

What's special about Pampers



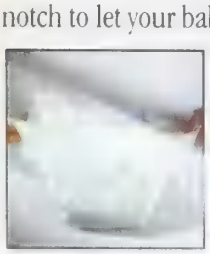


NEWBORN INFAN

Everything!

They're the first developmental diapers. Every Pampers® Phases™ diaper has special features that another leading diaper simply doesn't have.

For example, Pampers Newborn diapers have a cut-out notch to let your baby's umbilical cord heal. Another leading diaper still has to be folded down twice. Not much new there.



Another leading diaper still has to be folded down.



Pampers' cut-out notch lets the umbilical cord heal.

For Infants, Pampers Phases has a special pocket in back. This other leading diaper, however, has none. But with Pampers Phases there's plenty of new protection to help block the mes leaks that your inf liquid diet can cau



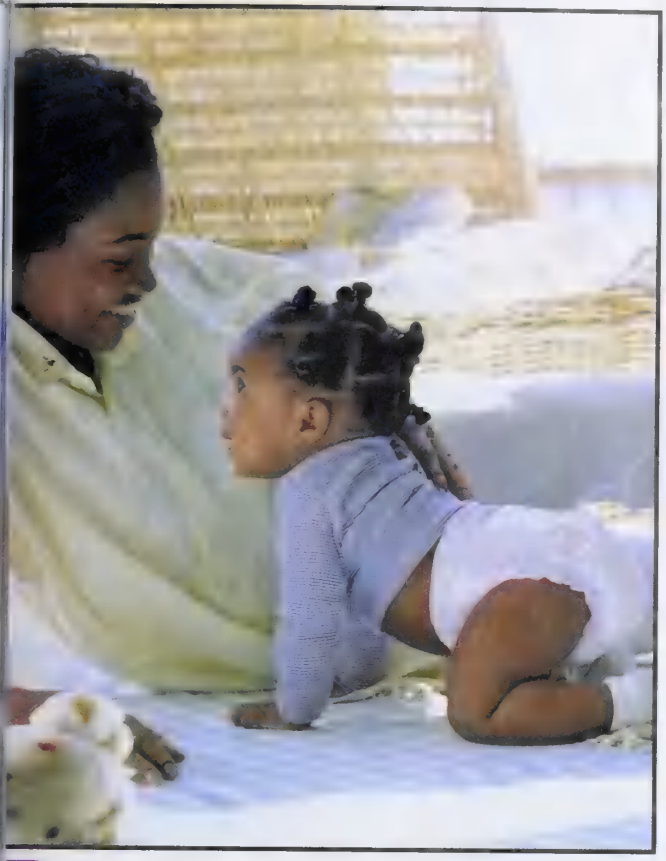
Another leading diaper has the same old waistband.



Pampers has a special pocket in back to help block messy leaks.

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Phases.?





C R A W L E R

W A L K E R

Your Crawler doesn't stay put for long. That's why ers Phases has extra-wide, secure tapes to help make is diaper does. This other leading diaper still has the old skinny . Nothing much here, either.



Another leading diaper still has the same skinny tapes.



Pampers' tapes are extra wide for a secure fit.

Pampers for Walkers is extra narrow, to let your baby's legs move freely. In fact, Pampers is two inches narrower than another leading diaper.

All these special Pampers features were designed to help keep your baby dry and happy, Phase after Phase. You see, we didn't just re-name our diapers. We reinvented them.



Another leading diaper is still wider.



Pampers' crotch is less bulky, for free movement.

Pampers  *Phases*

FOR DRY AND HAPPY BABIES, PHASE AFTER PHASE.

"I'm not the perfect mom"



As we bid a fond farewell to "The Cosby Show," and the Huxtable household, Phylicia Rashad, who played America's favorite mom, talks frankly about her TV family—and her real one

BY JEFF ROVIN

In person, Phylicia Rashad is even classier and more beautiful than Clair Huxtable, the paragon she portrays on TV. Her smile is warm, she speaks eloquently and she has poise to spare. Surprisingly, the forty-three-year-old actress and mother of two doesn't grow misty-eyed when she talks about Bill Cosby's decision to end *The Cosby Show* this year, after its eighth season. She's reflective, but she's also upbeat, likening the experience on the show to her early days in the theater.

"It's been magic here," she says, relaxing on her dressing-room sofa in a white sweater and olive-green spandex pants that accentuate her long, dancer's legs, "but I can't even remember a show opening that didn't close, no matter how great it was. Granted, I was never in a show that ran for eight years before—the closest I came was being a Munchkin in *The Wiz* on Broadway for three and a half years. But you have to learn to move on.

"My attitude is one of cherishing what I've had here, not being maudlin about it. I've met people I never thought I'd meet, let alone work with—Sammy Davis, Jr., Lena Horne, Anthony Quinn, Christopher Plummer, Stevie Wonder. It's been great! I don't know that I'll ever have a working situation that equals this one—though, honey," she says, laughing, "if it's possible, I'm open to it!"

Although industry gossip *(continued)*

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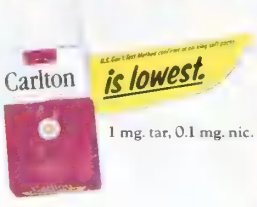
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Phylicia Rashad

continued

sometimes accuses Cosby of being an obsessive perfectionist, Phylicia denies it vehemently. "You know what I noticed about him first? The respect and regard he has for other people. Without fail, Bill has always gone out of his way to make people comfortable, even at an audition, when he doesn't know them. He always makes that attempt. He's a gracious, normal person.

"Am I gonna miss him?" She anticipates the next question, choking up a little. "Sure. But I know where he is. He isn't hiding. Nor is anyone else. Besides, when we're together we work hard. There isn't a lot of time to socialize. Maybe we'll finally get to do more of that."

In fact, Bill Cosby has been instrumental in Phylicia's social life in recent years—he is the one who introduced her to her third and current husband, Ahmad Rashad, back in 1985. Several months later, in one of the most celebrated proposals ever, Rashad, a TV commentator and former Minnesota Viking, asked her to marry him—on the air during a pre-game show of a Thanksgiving football game. Today, the Rashad family includes their five-year-old daughter, Condola Phylea (named after Ahmad's mother), Ahmad's three children from a previous marriage, and nineteen-year-old Billy, the son of Phylicia and her first husband, William Bowles, a dentist. (She was also married briefly to Victor Willis of the rock group The Village People.) "I'm lucky enough to have a loving family as my anchor," she says. "My kids and my husband couldn't care less if I'm on TV or if I don't look ravishing that day. When they see me, or I see them, our faces light up, and any other problems I might have just melt away."

It's difficult to imagine Phylicia having problems of any sort: Nothing seems to rattle her, whether it's fans asking for autographs (anyone who approaches her gets a smile) or the tabloids trashing her fellow cast members, particularly the volatile Lisa Bonet, who left the show. "I have no control over someone else's tongue," Phylicia says of the gossipmongers, "but I can and do set my attention elsewhere. What's the point of getting angry over lies written about me or anyone else?"

The actress attributes her remarkable composure to Siddha Meditation, an ancient spiritual practice that focuses on finding "that within yourself that is still and quiet." Phylicia is careful to explain that she's not talking about out-of-body experiences, or frequent-flyer miles earned in the twilight zone. She says she has always been interested in philosophy, and when she found everyday problems intruding into her performances, she took up meditation as a way to control them.

Since 1981, she has started each day by rising at four-thirty A.M. while her kids are still asleep, taking a bath, and then sitting in quiet reflection. "Meditation makes me consider life. Think of how much better your day might be if, first thing in the morning, instead of rushing to see what the news is and getting depressed, you sit quietly and just contemplate the potential within you."

Well, not at four-thirty A.M., thank you, but it seems to work for Phylicia. As for the rest of the Rashad household, they still wake up to a quick shower and cornflakes instead of meditation, though Phylicia says she doesn't mind.

"I'm not one of those people who say, 'Do what I do 'cause I did it.' They'll all come in their own time. It's not something you force on people."

One of the best-loved TV mothers is proud of the job she's done raising her own family. However, Phylicia doesn't give herself or her husband *all* the credit. "I'm not the perfect mom. But I learned very early that if you love, then any other mistakes you may make are manageable. "

Phylicia's own parents, a dentist and a poet, divorced when she was six. She grew up in Houston and remains close to her brothers—Tex, a jazz musician, and Hugh, a recent college graduate—and her sister, actress/director/choreographer Debbie Allen. After graduating magna cum laude from Howard University in 1970, Phylicia headed for New York and landed roles on and off Broadway. By 1983, she had a recurring role on *One Life to Live*. A year later, she was cast as Clair Huxtable. Even during the run of *The Cosby Show*, she starred in several TV movies, acted on Broadway in *Into the Woods*, headlined a Las Vegas song-and-dance extravaganza, and even made a video, called *Baby's Nursery Rhymes*.

These days she's talking to producers about film and stage projects, and there's "a pleasant anticipation about what's next—new characters, stories, venues."

Just as you ask if she's worried about getting older, she gets called to the set to go over some re-writes before the taping. She rises, but without hurrying.

Thinking for a moment, she says, "I was never one who wanted to be twenty-one forever. Heck," she says, laughing, "I wouldn't be twenty-one again if you paid me! I was *so* dumb! But I don't feel the effect of years because age, to me, is learning, and the quest for understanding is more important than how many wrinkles I have or how high I can kick when I dance." She says philosophically, "What I want as I get older is to be always reaching up and blooming—but never fully."

Why not "fully?" Is that a precept of Siddha Meditation?

"No," she says, flashing a playful smile over her shoulder as she goes. "Of gardening. 'Cause then your petals fall off, and you're dead." ■

Dove contest

continued from page 27

1992 DOVE/LHJ CLASSIC MODEL DISCOVERY OFFICIAL CONTEST RULES

A. The **Dove® Classic Model Discovery** is a contest for a U.S. woma 30 or over to win a one-year modeling contract, $25,000 in cash, a $5,000 designer wardrobe. To enter, complete the entry form, making to include all information. Attach to the entry form the following: tw Dove Beauty Bar wrappers (any size) OR the following phrase on a piece of paper: "Dove contains 1/4 moisturizing cream. It won't dry you like soap"; also include a 50-words-or less statement on "I have camer tential because..."; and two (2) current photographs: a close-up head and a full-length shot. The photographs must be color snapshots no than 5"x7" in size. Videotapes and professional modeling composites w be accepted. Photographs may be professionally taken or simple snap taken with any camera. Photos should be focused and accurately p your present appearance. If you send in a group photo, please clearly cate which person is entering the Contest.

The **Dove "Model-Beautiful Skin"** Contest is a contest for three U.S. w age 30 or over in each contest region to win $500 cash toward a day of ty in her hometown. To enter, complete the entry form, making sure to ir all information. Attach to the entry form the following: two (2) Dove B Bar wrappers (any size) OR the following phrase on a 3"x5" piece of "Dove contains 1/4 moisturizing cream. It won't dry your face like soap" explain in 50 words or less "Why My Skin Is Model-Beautiful At Age and attach a recent color close-up head shot no larger than 5"x7" in size.

B. Both contests are open to women U.S. residents, age 30 or over July 31, 1992, deadline and who must not have had any prior national eling or national commercial exposure. Entrants with local modeling o commercial exposure are eligible. However, employees and their fam Lever Brothers Company, Inc., Wilhelmina International Ltd., Me Corporation, their respective affiliates, subsidiaries, and advertising ag are not eligible. No purchase necessary. Contest void where prohibited stricted by law. Taxes on prizes are the sole responsibility of the winners

C. Mail entries for both the Dove Classic Model Discovery and the Beautiful Skin Contests to: Dove Classic Model Discovery Contest P.O. Box 13418, Bridgeport, CT 06673-3418). *Entries must be recei July 31, 1992*. No responsibility is assumed for lost, incomplete, misdirected mail or printing errors.

D. Entrants may enter both contests, but can win only one of the two cor

E. For a list of winners, send a self-addressed, stamped envelope to: Winners, Dove Classic Model Discovery, c/o Ogilvy Adams & Rinehar Third Ave. New York, NY 10017.

F. ***The Dove Classic Model Discovery***

One **Grand Prize Winner** will be selected from among the three regions In each of the three (3) regions (EASTERN: CT, DC, DE, FL, GA, IN, K MA, MD, MI, NC, NH, NJ, NY, OH, PA, RI, SC, VA, VI, VT, WV, WES AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY; CENTRAL: A IA, IL, KS, LA, MN, MO, MS, ND, NE, OK, SD, TN, TX, WI), there will ***Regional Winners*** and ***two Runners-Up***. The ***six Regional Winners*** wil to New York to participate in the Grand Prize Winner selection descrit low. One of the **six Regional Winners** will become the **Grand Prize Win** The **Grand Prize Winner** will receive a prize of $25,000.00, a or modeling contract with Wilhelmina International Ltd. and a de wardrobe (valued at $5,000.00). The **Grand Prize Winner** will be fe in the February 1993 issue of Ladies' Home Journal.

The **Grand Prize Winner** hereby agrees to be the highlight of a 3- to city tour to publicize the contest (transportation and meals will be pr by Dove Beauty Bar) and agrees to sign the standard Wilhe International Ltd. agreement form. The **Grand Prize Winner** also agrees, for a period of one year commencing upon being named **Gran Winner**, she will not render any services for or on behalf of, nor will her name, likeness, photograph or voice to be used in advertising, p ing or promoting any product which is competitive with, antithetica which uses copy which is incompatible with Dove Beauty Bar. Com protection shall extend to all soaps and skin cleansers or their manu ers. Prizes are neither exchangeable nor transferable; all will be award

Each **Regional Winner** will be featured in the February 1993 issue of Home Journal and will receive $500.00 cash toward a "Day of Bea her area and a four- (4-) day trip to New York City, including a Wilhelmina International Ltd. for career counseling and participatio Grand Prize selection mini-pageant. Dove Beauty Bar will provide rou air transportation, hotel accommodations, meals for four (4) days.

Each **Runner-Up** will receive a year's supply of Dove Beauty Bar, a su tion to Ladies' Home Journal and a makeup kit.

Judging will be based on judges' perception of: skin quality (1–10 overall appearance (1–10 points), articulateness (1–10 points) and tion for an age 30+ modeling career (1–10 points). The contestant w highest point total will be the winner. The contestant with the secon est point total will be the first runner-up. All decisions of the judges ar

The **Grand Prize Winner** will agree to maintain the same general appearance with respect to weight, hair color, hair length and facial for 12 months after selection. In the event that physical appearance is maintained, the Contest sponsors shall have the right, if they so elec move the **Winner** and to award the **First Runner-Up** with the title.

The six (6) Regional Winners and Runners-Up will be notified by later than October 1, 1992.

The **Regional Winners** must consent to be available to participate and services in connection with a final selection mini-pageant to be held York City in October/November 1992, and to participate in photogra ing sessions and media interviews. They also agree, by entering the to grant the sponsors of the Contest the right to use their name tographs (on film or videotape), and voice in connection with any pro publicity, and advertising on behalf of Dove Beauty Bar or M Corporation in connection with the Contest. The **Grand Prize Winner** render services in connection with additional photography/taping ses connection with any promotion, publicity and advertising on behalf Beauty Bar or Meredith Corporation for the Contest and as a participa Tour. All winners will be required to sign an affidavit of eligibility and re All photographs and materials submitted become the property of th sors (Lever Brothers Company Inc., Meredith Corporation, Wil International Ltd.) and *will not be returned or acknowledged*. There no exceptions. Winners and runners-up will be selected by a panel o designated by Lever Brothers Company Inc.

G. **The Dove Model-Beautiful Skin Contest**

There will be three winners from each of the above regions to $500.00 cash toward a Day of Beauty.

Judging will be based on judges' perception of: skin quality (1–10 creativity (1–10 points), appropriateness to theme (1–10 points), and grammar (1–10 points). All decisions of the judges are final.

The nine (9) winners will be notified by mail by no later than October 1

All photographs and materials submitted become the property of th sors (Lever Brothers Company, Inc., Meredith Corporation, Wil International Ltd.) and *will not be returned or acknowledged*. There no exceptions. Winners will be selected by a panel of experts desig Lever Brothers Company, Inc.

The nine (9) **Regional Winners** must consent to partici photography/taping sessions and media interviews. They also agree tering the Contest, to grant the sponsors of the Contest the right to names, photographs (on film or videotape), and voice in connection promotion, publicity and advertising on behalf of Dove Beauty Meredith Corporation in connection with the Contest.

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When love was new

What really happens when celebrity passions flare? Here's an intimate look at four star-studded true romances







TORRID TWOSOMES: CLOCKWISE FROM TOP, LUCY AND DESI CLOWN AROUND; THE MATERIAL GIRL AND BAD BOY SEAN PENN; CARY GRANT WITH HIS LAST WIFE, BARBARA; ALI MACGRAW AND STEVE MCQUEEN'S MUTUAL OBSESSION

LUCY AND DESI "The most daring thing I ever did"

Lucy and Desi's first scene together in the movie *Too Many Girls* required him to take one glance at her and swoon dead away in ecstasy. It didn't take much acting skill; by then, they were already in love in real life.

Following several purely social evenings together, their affair began in earnest after a fiery encounter at an afternoon beach party at actor Eddie Bracken's house in Malibu. Lucille had gone, expecting to link up with Desi. To her dismay, he brought along a girlfriend, Renee "Freckles" DeMarco.

Lucille was wearing a pink one-piece bathing suit and matching sandals. Desi couldn't take his eyes off her, but she looked so displeased about Renee that Desi didn't dare introduce the two women.

Feeling that he owed Lucille an explanation, Desi parked Renee with Van Johnson. He found Lucille sitting alone on the beach. She gave him a frosty greeting, then patted the patch of sand next to her. "Sit down. I think we had better have a chat."

They talked and argued until the sun set. There was no doubt anymore that they wanted each other. When Lucy went back into the house to change, Desi followed her into the bedroom and started to make love to her. Hearing voices approaching, they hid in the closet until the coast was clear. Then they drove to Lucille's apartment and spent a blissful night together.

From that time on, Desi chose to address his beloved as Lucy instead of Lucille. "I never liked 'Lucille.' That name had been used by other men. 'Lucy' was mine alone," he recalled.

Neither Desi nor Lucy could guess how long the affair would last or where it was headed. In the meantime, they decided to enjoy themselves. They went nightclubbing, often to two or three clubs during the same evening. An exhibitionist in the extreme, Desi loved to perform, whether he was *(continued on page 90)*


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When love was new

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being paid for it or not. No one else would dare lead the conga line with Desi on the premises. And Lucy was always right behind him, holding on for dear life.

For Lucy's twenty-ninth birthday, on August 6, Desi had the extravagant idea of surprising her with a party wherever they went that day—five fetes in all. RKO publicity picked up the tab, so Desi's only expense was for a diamond-encrusted heart-shaped lapel watch. The first gift that he ever gave Lucy, it eventually served as the model for the logo used in the opening titles of *I Love Lucy*.

When *Too Many Girls* wrapped, Desi stayed in Los Angeles for as long as he could while Lucy worked on her next movie. Lucy didn't fancy Desi's gallivanting around town without her, but there wasn't much she could do about it. Her worst fears were realized when she began to hear rumors about Desi and his ex-flame, the beautiful Betty Grable.

Desi insisted that nothing was going on between them, but Lucy didn't believe him. To stop things from going any further, she phoned her ex-boyfriend, actor George Raft, and pleaded with him to intervene. George threatened Desi with a visit from the notorious gangster Bugsy Siegel, and Desi exited quickly.

For all Desi's carousing, he and Lucy were still very much in love. When Desi's work sent him to New York, their telephone bills were enormous, running upward of $200 a week each. "We could have bought half of AT&T," Desi recalled.

With three thousand miles separating them, Lucy fell into the arms of another man, Gene Markey, a writer-producer famous for his sparkling dialogue.

To keep Desi hopping, Lucy fed the gossip columnists a steady stream of tidbits about her and Markey. Lucy got carried away, though, when she told Louella Parsons that Markey had taken her to look at engagement rings; Markey promptly dumped her.

On a publicity tour for RKO, Lucy finally made it to New York. She checked into the Pierre Hotel. Thirteen blocks away, at the Roxy Theatre, Desi had finished the first of five stage performances that he would give that day. He had a ninety-minute break between shows, so he took a cab to the Pierre to visit Lucy. She was in the middle of an interview and couldn't be disturbed. Desi raced back to the Roxy in a murderous mood.

What Lucy didn't know was that Desi had an elopement plan worked out. He was going a bit crazy as he kept returning to the Pierre and finding her tied up with the press. Finally, after he'd finished his next-to-last show of the night at the Roxy, he went back to her suite and threw ou reporter and a publicist who were st there. Since Lucy and Desi hadn't be together in months, conversation was t last thing on their minds.

Later, as he was leaving, Desi said, have everything arranged to marry y tomorrow. That is, if you would like marry me."

Lucy was dumbfounded. "Where?" s stammered.

"In Connecticut." Desi would have play truant from the Roxy in the morni but he expected that they could be back New York in time for his second show.

"Do you mean we're going to spend t honeymoon in your dressing room knew when I met you things weren't ing to be normal," Lucy said.

"You love me, don't you?" Desi asked

"I love you very much."

"Well, I love you very much, too. what the hell else is there?" he said.

At six the next morning, they drove Greenwich, Connecticut, to get married

"Eloping with Desi was the most dari thing I ever did in my life," Lucy recall "I never fell in love with anyone quite fast. He was very handsome and roman But he also frightened me, he was so wi I knew I shouldn't marry him, but t was one of the biggest attractions."

From LUCY & DESI, by Warren G. Harris. Copyright © 199 Warren G. Harris. Reprinted by permission of Simon & Schuster,

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LI AND STEVE
Stop trying to lead"

'hen I first saw him, the movie star eve McQueen, it was from a seat in the :ep, dark Radio City Music Hall. The ovie was *Bullitt*. I left the movie theater ith my knees knocking. Whatever it that *star* is about, Steve had it on e screen. And, I was later to find out, a room.

It was more than the obvious electric- ue eyes and sandy hair cut close to a rfect skull. I think the most essential ing about Steve was that he exuded dan- r. You never knew what he was going to or say or be next. That translated on- reen as excitement.

The Steve McQueen who leapt off the reen that night was the same one who lked into my house when I was living a Beverly Hills mansion with my hus- nd, Bob Evans. Steve had been prepar- g to do a film called *The Getaway*, about bank robber and his wife: small-time xas criminals, kind of romantic rene- des. He wanted Paramount to consider ing the film, and he wanted "the girl m *Love Story*" to co-star with him.

The Getaway seemed the perfect career ve for me. Steve was the biggest name the business, and I was the star of e largest-grossing film of the year. At st, I didn't want to do it; I had a year-old baby I wanted to be with.

But the real reason I hesitated was that I knew I was going to get in some serious trouble with Steve. He was recently separated and free, and I was scared of my own overwhelming attraction to him. I was obsessed with Steve from the moment he stepped into my world. He was very taken with me, too, although I wasn't necessarily his dream lady, physically. Steve's attraction to me had something to do with my strength and education. He referred to me as his "New York intellectual," and he seemed proud of the fact that I had finished college, traveled a lot, and had some sophisticated times in my life.

During the filming of *The Getaway*, there was that electric feeling you have when you are first in love—a kind of omnipotence and even madness that anyone within a fifty-foot range can feel.

At one point, I had to leave Texas for the opening night of *The Godfather*. Bob, who had shepherded the film from its inception, asked me to be present. I was photographed ten thousand times being charming and loving to everyone, including Bob, when the real story was adultery in Texas. I felt like a piece of garbage.

By the time the movie was over, Bob and the whole world knew what was going on, and I felt that I might be having a nervous breakdown.

I went home, an emotional wreck, to Bob. I was too tired and confused to be present for anyone but Joshua, who was now two years old. Because of my obsession with Steve, I could think of nothing else but being with him. Bob tried everything to keep me from blowing up our lives. Nothing worked.

Finally, I got into the brand-new convertible Bob had just leased for me and tore out of our driveway, knocking over a statue. When I arrived at Steve's house, he took one look at me and booked a room for me at the Beverly Hills Hotel. Alone. I slept the sleep of the dead. From then on, events moved quickly.

With me and Steve, confrontation was the norm. During the horrible drama of my separation from Bob, Steve and I went to Paris together and stayed in a tiny hotel off the Champs-Elysées. I had a favorite little bistro on the Left Bank, and I persuaded Steve to take me there for dinner. We had a bottle of champagne to celebrate. We started to dance—and then something terrifying happened. Steve said, "Stop trying to lead."

Today, I can see that as the metaphor for our life together. That night, I went berserk and began to cry and flail at Steve. We continued the scene outside, and when we got back to the hotel, I passed out.

In the morning, Steve told me I should go home. I wept and wept and *(continued)*



When love was new

continued

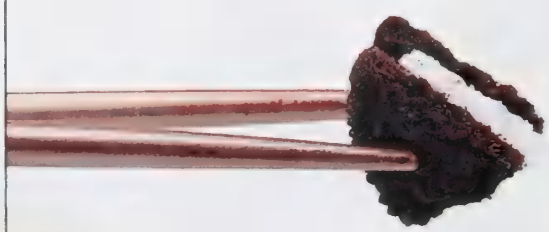
promised never to act like that again. Eventually, he gave in.

Later, when we went back to California, Steve was living in a guest house in the middle of a wooded area between the San Fernando Valley and Beverly Hills. His landlady persuaded neighbors to rent me their house. Because of the way the roads are laid out, we had two totally different addresses, and our driveways were about four miles apart. Actually, our houses were separated only by a big field.

Many were the nights that we would have some terrible row over nothing, and one of us would slam out of the house to go home. A half hour later we would find each other, inching across the field, each of us going to check up on the other.

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Presenting
The 8 Calorie Cookie.



(Actual Size)

MADONNA AND SEAN "Whatever you're thinking, I'll say yes to"

During the filming of Madonna's *Material Girl* video, she was surprised to learn that there was a stranger on the set asking to see her. It was the actor Sean Penn. She had seen his pictures. She was enthralled to think that a celebrity should be interested in her.

"He was somebody whose work I'd admired, and I think he felt the same way. I never thought in a million years I would meet him."

It did not start out with bells ringing for either one of them, though. "I don't feel swept off my feet," Madonna reported.

Penn later confessed: "I just remember her saying, 'Get out! Get out! Get out!' "

Still, a romance slowly began. Although Madonna was taken with Penn's smoldering and antipathetic charm, she held back just a bit. She joked about him, saying that she had always been interested in "small furry animals with big eyes that stay up at night and hang off the trees by their tails. Maybe that's what attracted me to Sean!"

Nevertheless, the affair burgeoned. Penn visited her in Mi Santa Barbara and Detroit while she was on tour. And Mado flew down to see him on the set of his film *At Close Range.*

It was apparently during one of their get-togethers that s mer that Sean Penn proposed. Madonna relates: "I was jum up and down on the bed, performing one of my morning rit and all of a sudden Sean got this look in his eye. I felt like I k what he was thinking."

Madonna told him, "Whatever you're thinking, I'll say yes

And that Penn's cha "He propose Madonna said.

As for the w ding, it took p on a $6.5 millio tate in Mal California, o high promont Above the est several helicop loaded with pho raphers swoope and down.

Invited to wedding were select friends, a ciates and lumi ies, including A Warhol, Di Keaton, Cher Tom Cruise. bride wore a st less Cinder gown with a sil and-pink meta net across bodice like a be contestant's s Her French-twi hair was covere a black bowler draped in cre colored tulle. A the five-minute emony, Penn li his wife's veil as the theme f *Chariots of* echoed above now-dark Pac planted a kiss her lips.

As the ever wore on, the gu moved onto a fl lit dance floo up over the nis courts, Madonna was seen boogying with her usual enthusiasm.

When it was all over and done with, Madonna comme about the whole thing: "It was almost too much. I mea didn't think I was going to be getting married with thir helicopters flying over my head. It turned into a circus the end, I was laughing. You couldn't have written it movie. No one would have believed it. It was like a Bu Berkeley musical."

From the book MADONNA: THE BOOK, by Norman King. Copyright © 1991 by Norman King. Repri permission of William Morrow & Co., Inc.

:ARY AND BARBARA
My best piece of magic"

n 1976, Cary Grant and his friend Roderick Mann arrived in ondon at the Lancaster Hotel and were immediately attracted the hotel's beautiful young public relations officer. Mann re-iembers, "Barbara Harris graciously welcomed us to the hotel, ut she was distracted. She rushed past us to a press conference ie was organizing. Cary was really taken with her. He talked er into having lunch with us. Then he invited her to a cocktail arty that evening.

"I dressed early ad went down to ie lobby-bar, and arbara came along. Vhen Cary strolled ito the bar and iw me talking to arbara, my God, e was furious! e didn't talk to e again for two r three days. He ought I was steal-g her away."

Grant was be-iiled by the hazel-ved woman with own hair—and no akeup. She im-essed Grant with er honesty and isdom for one so ung.

She drove him ound London in er Mini Minor, a ar so small that rant's knees came to his chin hen he sat down. rant's visits to ondon became ore frequent; arris introduced m to her friends, d they often trav-ed to the south-estern part of ngland.

The man who id he would obably never re-arry was smitten. arris, too, had llen in love but nted to be sure the intensity her feelings. seventy-four, ant was, after all, forty-six years her senior.

In July 1978, Grant and the Sinatras were guests of Gregory d Veronique Peck in the south of France. They had all been vited to attend Princess Caroline's wedding in Monaco.

At dinner one night, Grant expressed his loneliness. Romance is in the air. Everyone except him had somebody. They all im-ored him to fly Barbara down. According to Gregory Peck, ary said, 'No, no. I don't think she'd come.' He was shy about king her. I said, 'Well, you're Cary Grant. You don't have to be ne. You can have any woman you want. Call her up!' "

And he did. When Harris agreed, she knew the direction of their relationship had changed.

The following day, at Princess Caroline's wedding, Grant was so eager to get back to Harris that he started and finished eating the wedding luncheon before any of the other guests. He excused himself and dashed back to Barbara.

According to Prince Rainier, "Cary had not been a happy man. . . . It was only when he met Barbara that he found what he had been searching for: the everyday happiness that lasted all day, all night, day after month, year after year."

Cary Grant and Barbara Harris were married quietly before a judge, at home, on April 11, 1981. The Grants wanted to tell their friends—Princess Grace's family, the Pecks, the Sinatras and the Roger Moores—before the news broke. They all met over Easter weekend at the Sinatras' Palm Springs home. "The fact that they waited for that moment to tell their friends was very nice," said Gregory Peck. "Everyone was happy. It was a celebration."

Barbara Sinatra, who found it very touching and romantic, says, "And it was the same weekend that Prince Rainier and Princess Grace celebrated their twenty-fifth anniversary. Prince Albert, Cary, Frank and others made toasts. Then Rainier stood up. He seems a staid, stern sort of fellow, and it isn't easy for him to say what he really feels in his heart, but he toasted Grace and told her what she had meant to him and to the three children. It was a very special moment—one I certainly shall never forget. There wasn't a dry eye in the whole room. Grace was crying. I looked at Cary, and the tears were running off his chin."

At home in Beverly Hills, the Grants settled into the marriage that Grant had hoped for all his life. He said: "My best piece of magic was marrying my wife Barbara." ■



From EVENINGS WITH CARY GRANT, by Nancy Nelson. Copyright © 1991 by Nancy Nelson Lanchner. Reprinted by permission of William Morrow & Co., Inc.

How to feel better about the future

You can't escape the bad news these days—the economy is in a sorry state, companies around the country are laying off workers, crime and drug use are up.... No wonder, then, that many of us feel assaulted by anxieties. We worry about whether we'll lose our jobs, be able to pay for our children's college education or save enough for our own retirement when Social Security seems so shaky. Given the grim outlook, how can we keep future shock at bay?

Acknowledge your anxieties

The first smart response to fear is to face it, says John C. Norcross, Ph.D., a professor and chair of psychology at the University of Scranton, in Pennsylvania.

Then, measure your fear against the odds of its happening. If you think your job is on the line, for example, ask your company management whether layoffs are likely—and check with personnel about severance packages, just in case.

To help put things in perspective, discuss your concerns with your spouse. (This may help him open up, too.)

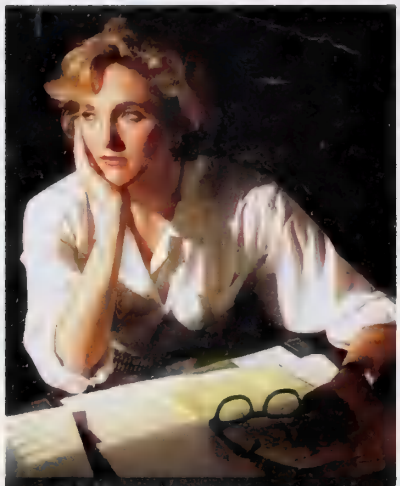
Take action

The best antidote to fear is a sense of control. If your finances concern you, first pay off as much consumer debt as you can, says Jane Bryant Quinn, author of *Making the Most of Your Money* (Simon & Schuster, 1991). If you have money in a low-interest savings account, use it to wipe out high-interest debts, like those from credit cards, instead. Another way to pay off your debts is to allocate 5 percent of each paycheck for your creditors. Be consistent and make the payments immediately.

Once your debts are under control, start building up your savings again. If you're worried about your job, keep two or three months' salary in the bank, says Quinn. If you do lose your job, your savings will probably be supplemented by severance pay, unemployment benefits and whatever you can borrow.

Looking ahead to your kids' college years: "Long-term savings in a mutual fund is best for someone with young children," says Quinn. Look for a stock-owning mutual fund with high growth potential so the tuition inflation rate doesn't exceed what your money is earning. If your children will be going to college within three or four years, however, opt for the safety of a short-term certificate of deposit or U.S. Treasury bond.

As for retirement, Quinn says, "Social Security will not fail." But that doesn't mean it will be enough. Start contributing to an IRA, Keogh plan for the self-employed, 401(k) plan or any company savings plan that works with an automatic pay deduction. If you're not looking to retire in the immediate future, put your money in a stock-owning mutual fund and leave it there. If your company doesn't have a plan, find a good investment group, and arrange for automatic deductions from your checking account.



What women worry about

What scares us most these days? According to a poll by Yankelovich Clancy Shulman, we're more concerned about the following issues than we were in the past:

- **money**
- **jobs**
- **planning for the future**

According to a Gallup poll, we're most worried about:

- **the economy**
- **unemployment**
- **drugs**
- **poverty and homelessness**

Be more optimistic

After you've prepared for the future, learn to maintain a positive attitude. "In general, the optimist is less afraid," says Martin E. P. Seligman, Ph.D., author of *Learned Optimism* (Pocket Books, 1992). The pessimist thinks of the recession as permanent and pervasive, he says, while the optimist focuses on the temporary aspects. You can learn to be more optimistic by developing a skill that Seligman calls "disputing"—learning to rebut your own negative thoughts.

Finally, don't rule out anxiety reducers such as exercise, music and meditation to help you keep your fears under control.

—SHARLENE KING

"It's only heartburn, I should learn to live with it.....right?"



ATTENTION HEARTBURN SUFFERERS

It's time to talk to your doctor.

Take the heartburn test.

Do you experience these symptoms?	Yes	No
1. Frequent heartburn attacks	☐	☐
2. Frequent use of antacids	☐	☐
3. Heartburn waking me up at night	☐	☐
4. An acid or bitter taste in my mouth	☐	☐
5. Burning sensation in my chest	☐	☐
6. Discomfort after eating spicy foods	☐	☐
7. Difficulty swallowing	☐	☐

If you experience one or more of these symptoms frequently, talk to your doctor. Frequent heartburn may be a sign of a more serious medical problem. Your doctor has treatment plans that can help.

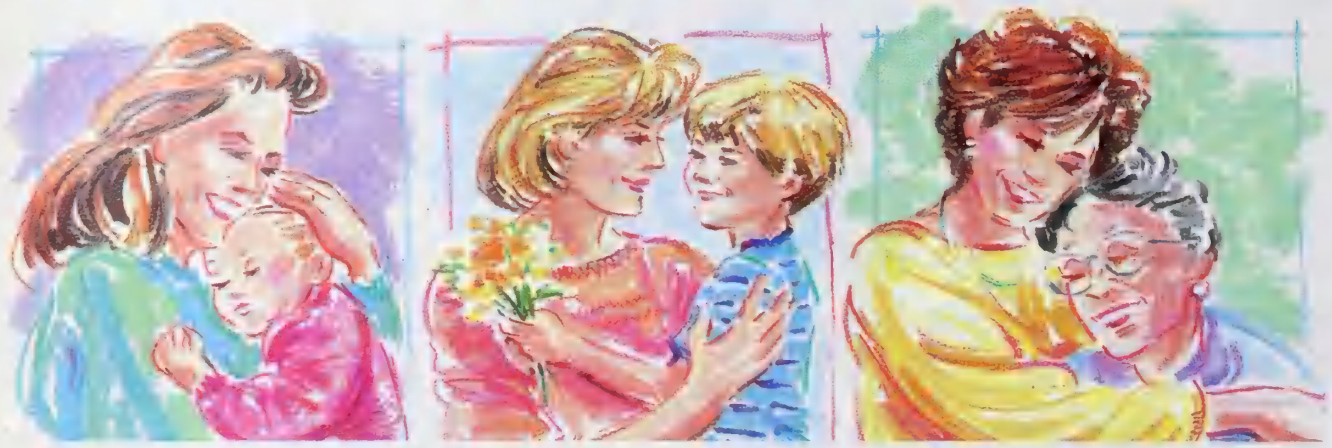
Frequent heartburn. Isn't it time you talked to your doctor?

Glaxo Institute for Digestive Health

Dedicated to medical research and public education

Like mother, like daughter

One woman confronts her feelings about her mom



What possessed me to write to my mother and invite her to my home for a five-day visit? We haven't gotten along since I was a teenager. We'd had many painful fights, but there had also been the realization that we were very different. I was outgoing, she was reclusive. I was neat, she was messy. I liked exercise and the outdoors, she liked to stay inside and read. She wasn't crazy about my boyfriends, I wasn't crazy about her idol, Cary Grant.

After years of arguing, I was glad to marry and move twelve hundred miles away. A year later, my parents got divorced, which only made me feel more distant from my mother.

Now I was going to spend five days with her! What would we say to each other? I couldn't imagine, so I drew up a jam-packed schedule.

The first night was easy. My two children hovered around their stranger-grandmother, and I took her on a tour of our renovated city town house.

"You've done a wonderful job decorating," she said. I beamed, marveling that her opinion mattered so much to me.

The next day I took Mom to my office, where I work part-time as an editor. I didn't expect my coworkers to be so taken with her. Our business manager told me, "Your mother is beautiful. You take after her." That night, I studied my reflection in the bathroom mirror. Did I really look like her?

That's not to say that there weren't any rough spots during Mom's visit. One day I asked her if she'd like to visit the zoo. She said yes, but when we pulled into the parking lot, she abruptly changed her mind. I was thoroughly exasperated. For the next few hours there was an awkward silence between us.

But by dinnertime we were talking again. I realized something hard within me was crumbling.

The night before Mom left, we had company for dessert. Mom excused herself to pack. Our friends' newborn baby was sleeping upstairs, but when the infant woke up, only Mom heard her cries. Later, when I went to check on her, Mom was sitting on the floor of the nursery rocking the baby in her arms and crooning softly. I stood in the hallway, listening. She was singing a nonsense song she'd made up for me when I was a child. Tears sprang to my eyes. Whether or not I was like this woman, I could not deny that I had once belonged to her. And suddenly I yearned to belong to her once again.

Today, my mother and I still have our differences. But I am surprised to discover how much we have in common. I'd forgotten that she'd once dreamed of becoming a writer. Our taste in art and literature is similar. She's crazy about my husband, and sometimes I can see Cary Grant's charm.

Lately, I keep thinking of the afternoon, when I was nine years old, that Mom spent hours teaching me how to draw cartoons. I suppose the laundry didn't get done and the living room stayed a mess. But who remembers that now? I, however, can still draw a long-haired catfish playing a blue guitar. Maybe tomorrow I'll skip the laundry, too. I'll take the afternoon off and teach my seven-year-old how to draw a catfish.

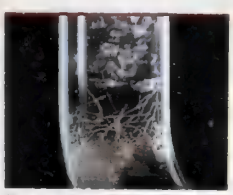
—Rita Mason

Well, it's your day!

Just as kids can be disappointed at Christmas, grown women can feel let down on Mother's Day. The reason: You haven't made your expectations clear. Decide what you'd really like—breakfast in bed or dinner out, a gift or just a card. Be straightforward, not saintly!

Introducing The Power To Unclog Drains In Half The Time Of The Leading Competitor.





New, unique thicker formula

Now there's a liquid drain opener so strong, it clears your tough clogs in half the time of the leading competitor. New Liquid Drano® Professional Strength Plus.

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So for tough clogs, pour on the power of new Drano Plus. Nothing works better at clearing drains faster.



Drano Plus after 15 minutes *The leading competitor after 30 minutes*

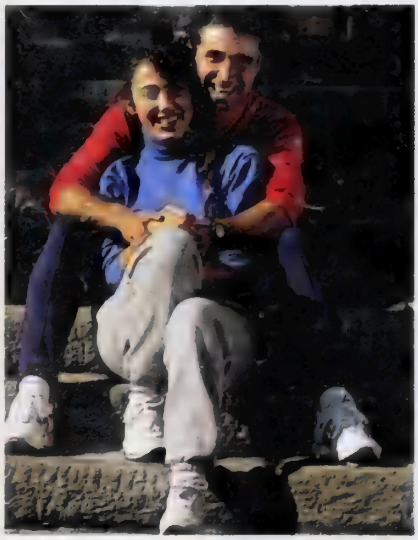
THICKER. STRONGER. FASTER.
THAT'S THE PLUS IN NEW DRANO PLUS.

PROFESSIONAL STRENGTH PLUS

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Secrets of great sex

Do men and women really want the same thing in bed? Is there such a thing as a G-spot? (And how do we find it?) To answer the questions every couple wants to ask, we talked to Miriam Stoppard, M.D., a prominent physician and author who's written extensively about sexual relationships. Her latest book,



The Magic of Sex (Dorling Kindersley)—a combination of clinical information and good sense—is already a best-seller in Great Britain. Here's the doctor's practical advice for igniting your sex life.

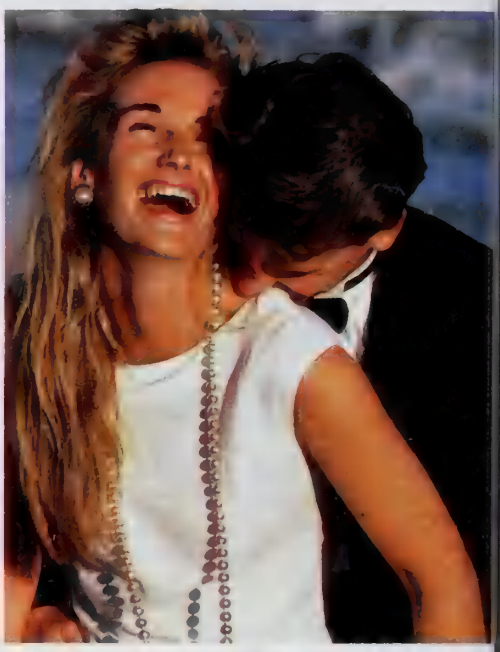
■ *You've said the best sex is in long-term relationships—why?*

I believe the best sex stems from great closeness and candor. It takes time for most people—and this includes men—to drop their inhibitions and feel physically free enough to be adventurous and curious with each other. Good sex is also about giving: the desire to give, and to think about your partner's desires. And this takes time too. To reach a level of intimacy and closeness that makes you feel like you're melting into each other can, I think, really only happen in a long-term relationship.

■ *Are there real biological differences in the way men and women feel about sex?*

We couldn't have been a worse match in terms of our sexual proclivities if nature *tried* to do it. We're aroused by different things, and we respond in different ways. For instance, men are aroused visually; usually, women are not. Women are aroused by touching and caressing and a lot of foreplay. He's aroused very quickly, while she's aroused rather slowly. Then, of course, men reach orgasm very quickly, unless they control it; women reach orgasm slowly.

There is also a theory that one of the reasons women are more easily distracted during sex—like going through the laundry list or thinking about what they'll make for dinner this evening—is that in prehistoric times, when a man was engaged in sex, he was extremely vulnerable to prey. And one of the partners *had* to be on red alert! If you ask any woman with kids, she'll tell you that while making



love she's always half-listening for the baby to cry.

So there are a lot of differences in the way men and women feel and respond that make good sex quite difficult. To deal with this, you both have to be prepared to talk about what you need and to be candid, frank and comfortable with each other.

■ *What are the best positions or techniques women should try?*

Experts agree that the woman-on-top positions are quite good for most women. When a woman is in this position, the forward-facing wall of the vagina and the clitoris are more easily stimulated. So she can bring herself to orgasm more easily. And in the anterior position, the man can also caress and stimulate his partner. It is practically the only position in which a man can do that easily. —SARAH MCCRAW

Is there really a G-spot?

A few years ago, some experts said yes; now the prevailing opinion is no. What do you think?

Some experts are skeptical about the G-spot because they cannot see anything anatomically different in this area.

When women have an orgasm that they think is more fulfilling, they say they have a "feeling" in the lower one third of the front wall of the vagina. I believe that if you concentrate during lovemaking, you will probably feel something. The more you think about the sensations, the more aware you'll be of sensations all over. You have to teach yourself to be aware of the intensity of your feelings.

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It's not just a cigarette.

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WHEN HER BOSS WOULDN'T GIVE HER A RAISE, ELIZABETH DONOVAN DECIDED TO START HER OWN BUSINESS AT HOME. TODAY, HER MARKET-RESEARCH FIRM GROSSES HALF A MILLION DOLLARS A YEAR

BY DEBORAH BEROSET DIAMOND

In these tough times, the best job may be right in your own home. Whether you've been laid off or just want to be your own boss, here's how to leave the office behind

Let's face it: A lot of us don't adore going to work every morning. Even if we feel fortunate to have a job, we dread having to put on makeup, battle the long commute and spend the day with our bosses breathing down our necks. What we really wish is that we could stay at home . . . and still earn money.

In fact, millions of women are doing just that. During the past year, the number of home workers grew a healthy 12 percent; they now make up more than a quarter of the nation's work force, and almost 50 percent are female. In 1991, more than twelve million women performed at least some of their work at home, doing everything from baking cakes for special occasions to designing buildings. According to the National Work-at-Home Survey conducted by LINK Resources, a New York market-research firm, the majority were their own bosses: 9.8 million ran their own businesses, up a startling 17 percent from 1990, while the other 2.6 million were salaried employees (often called telecommuters). The recession has only spurred the trend; as layoffs rise, so do the ranks of the self-employed. "It's a huge movement, and it's still growing," says Carol D'Agostino, senior research associate for LINK, who—suitably enough—operates out of her home on Long Island. "People enjoy having a better work space and a better work pace."

Home work has been made easier by new, affordable technology—personal computers, copiers and fax machines—and more information-based jobs, such as programming and marketing, that can be done anywhere. But perhaps the strongest force driving workers home is a yearning for freedom and control. "I think women are finding they have greater upward mobility when they are in business for themselves," says Sarah Edwards, who, with her husband, Paul, is the co-author of *Working From Home* (Jeremy P. Tarcher, 1990), and co-host of "Home Office," a show on the Business Radio Nework. The movement has exploded in recent years, as more and more women with children search for better ways to balance career and family. "All the things women juggle today are mind-boggling, but working at home helps them *(continued on page 108)*



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Because nuclear plants don't burn anything to make electricity, nuclear plants don't pollute the air.

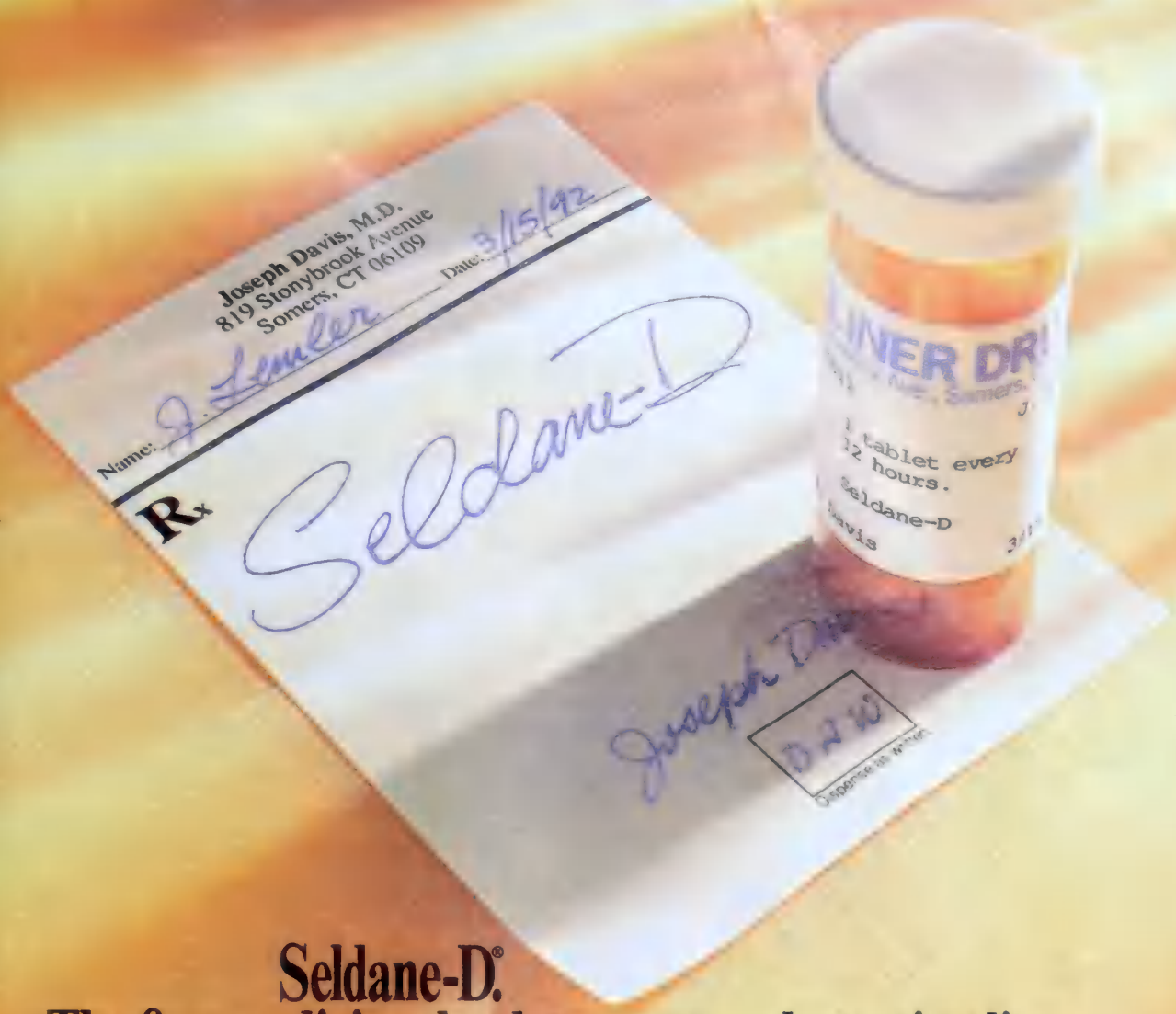
In fact, America's 111 operating nuclear electric plants displace other power sources and so reduce certain airborne pollutants in the U.S. by more than 19,000 tons every day. Just as important, nuclear plants produce no greenhouse gases.

To help our economy grow, this country needs a secure, growing supply of electricity. More nuclear plants will give us just that—without sacrificing the quality of our environment. For a free booklet on nuclear energy, write to the U.S. Council for Energy Awareness, P.O. Box 66080, Dept. AI28, Washington, D.C. 20035.

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Introducing A Seasonal Allergy Medicine Worth Seeing Your Doctor About.



Seldane-D®

The first medicine that lets you stay alert as it relieves sneezing, runny nose, itchy, watery eyes, *plus* stuffed-up nose caused by seasonal nasal allergies.

Seldane-D causes no more drowsiness than a placebo (a sugar pill).

In medical studies with hundreds of patients, there was no significant difference in drowsiness between those who took Seldane-D and those who took a sugar pill.

Why over-the-counter products often don't deliver the relief you need.

Antihistamines (like Benadryl®) can relieve some of your symptoms, but they can also make you drowsy. And while decongestants (like Sudafed®) don't make you drowsy, they can only relieve your stuffed-up nose.*

Seldane-D combines a nonsedating antihistamine with a decongestant for the first time.

The Seldane® (terfenadine) in Seldane-D is the world's most prescribed nonsedating antihistamine.† The "D" in Seldane-D is the most preferred decongestant.‡

Just one tablet every 12 hours gives you relief around the clock without causing sedating side effects.

Seldane or Seldane-D?

If you don't suffer from a stuffed-up nose, your doctor may prescribe Seldane without a decongestant. After all, why take more medication than you need? Furthermore, any decongestant, prescription or over-the-counter, may cause nervousness, dizziness, or sleeplessness. Of course, your doctor is the person best qualified to tell you exactly what you need. So, talk to your doctor. It just may be worth it.

SELDANE-D®
(terfenadine 60 mg and pseudoephedrine HCl 120 mg)
EXTENDED-RELEASE TABLETS bid

Source: *Physicians' Desk Reference for Nonprescription Drugs*®. Oradell, NJ: Medical Economics Company, Inc. 1991.
†Based upon worldwide prescription and distribution information (1986-1991). Data on file, Marion Merrell Dow Inc.
‡Based upon U.S. prescription and distribution information on single-entity decongestants (1986-1991). Data on file, Marion Merrell Dow Inc.
*PLEASE SEE THE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON AN ADJACENT PAGE.
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6132A2

BRIEF SUMMARY

Seldane-D®

(terfenadine and pseudoephedrine hydrochloride)

Extended-Release Tablets

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide and zinc stearate.

INDICATIONS AND USAGE

Seldane-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of Seldane (terfenadine) and the decongestant activity of pseudoephedrine hydrochloride are desired.

CONTRAINDICATIONS

Seldane-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly: The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General: Seldane-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine. Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g., hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. These events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for Patients: Patients should be questioned about pregnancy or lactation before starting Seldane-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be instructed to take Seldane-D only as needed and not to exceed the prescribed dose. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS): Monoamine oxidase (MAO) inhibitors and beta-adrenergic blockers increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines. Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane-D with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No studies have been conducted to evaluate the carcinogenic potential of Seldane-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C: The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well controlled studies in pregnant women. Seldane-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS): Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use: Safety and effectiveness of Seldane-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

In double-blind, parallel, controlled studies in over 300 patients in which Seldane-D was compared to extended-release pseudoephedrine, adverse reactions reported for greater than 1% of the patients receiving Seldane-D were not clinically different from those reported for patients receiving pseudoephedrine (see table below).

Pseudoephedrine may cause ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weakness, pallor, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, CNS depression, arrhythmias, and cardiovascular collapse with hypotension.

With terfenadine, rare reports of cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In controlled clinical trials with terfenadine, using the recommended daily dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included: *Central Nervous System* — Drowsiness, headache, fatigue, dizziness, nervousness, weakness, appetite increase; *Gastrointestinal System* — Abdominal distress, nausea, vomiting, change in bowel habits; *Eye, Ear, Nose and Throat* — Dry mouth/nose/throat, cough, sore throat, epistaxis; *Skin* — Eruption (including rash and urticaria) or itching. Also reported spontaneously during the marketing of terfenadine were: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbances.

Also in clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving terfenadine. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis and hepatitis. In most cases available information is incomplete.

FREQUENTLY (>1%) REPORTED ADVERSE EVENTS FOR SELDANE-D IN DOUBLE-BLIND, PARALLEL, CONTROLLED CLINICAL TRIALS*

Adverse Event	Percent of Patients Reporting		
	Seldane-D (N=374)	Pseudoephedrine (N=287)	Placebo (N=193)
Central Nervous System			
Insomnia	25.9	26.8	6.2
Headache	17.4	17.1	22.3
Drowsiness/Sedation	7.2	4.9	11.4
Nervousness	6.7	8.4	1.6
Anorexia	3.7	3.8	0.0
Fatigue	2.1	1.4	2.1
Restlessness	2.1	1.0	0.0
Irritability	1.1	0.0	1.0
Disorientation	1.1	0.0	0.5
Increased Energy	1.1	0.0	0.0
Hyperkinesia	1.1	1.0	0.0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	11.4
Blurring of Vision	1.1	0.3	0.5
Gastrointestinal			
Nausea	4.5	6.6	5.2
Skin			
Rash	1.1	0.0	0.0
Cardiovascular			
Palpitations	2.4	3.1	0.5
Allergy Symptoms			
Sore Throat	1.9	1.7	1.0
Cough	1.6	0.3	1.0
Other			
Infection, Upper Respiratory	1.3	2.4	0.5
Taste Alterations	1.1	1.0	1.0

*Seldane-D B.I.D., pseudoephedrine 120 mg B.I.D.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed whole, morning and night.

HOW SUPPLIED

Seldane-D Tablets containing 60 mg of terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg of pseudoephedrine hydrochloride in an extended-release core are supplied as follows:

NDC 0068-0722-61: Bottles of [illegible]

Tablets are white to off-white, biconvex capsule-shaped; debossed "SELDANE-D". Store at controlled room temperature (59°-86°F) (15°-30°C). Protect from moisture.

Product Information as of June, 1991

MARION MERRELL DOW INC.
KANSAS CITY, MO 64114
U.S. Patent 3,878,217 and 4,929,605
Other patent applications pending.

Seldane®

(terfenadine) 60 mg Tablets

BRIEF SUMMARY

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE

Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS

Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS

General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions: Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

* Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
** Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
*** CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warranted listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elavations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

One tablet (60 mg) twice daily for adults and children 12 years and older.

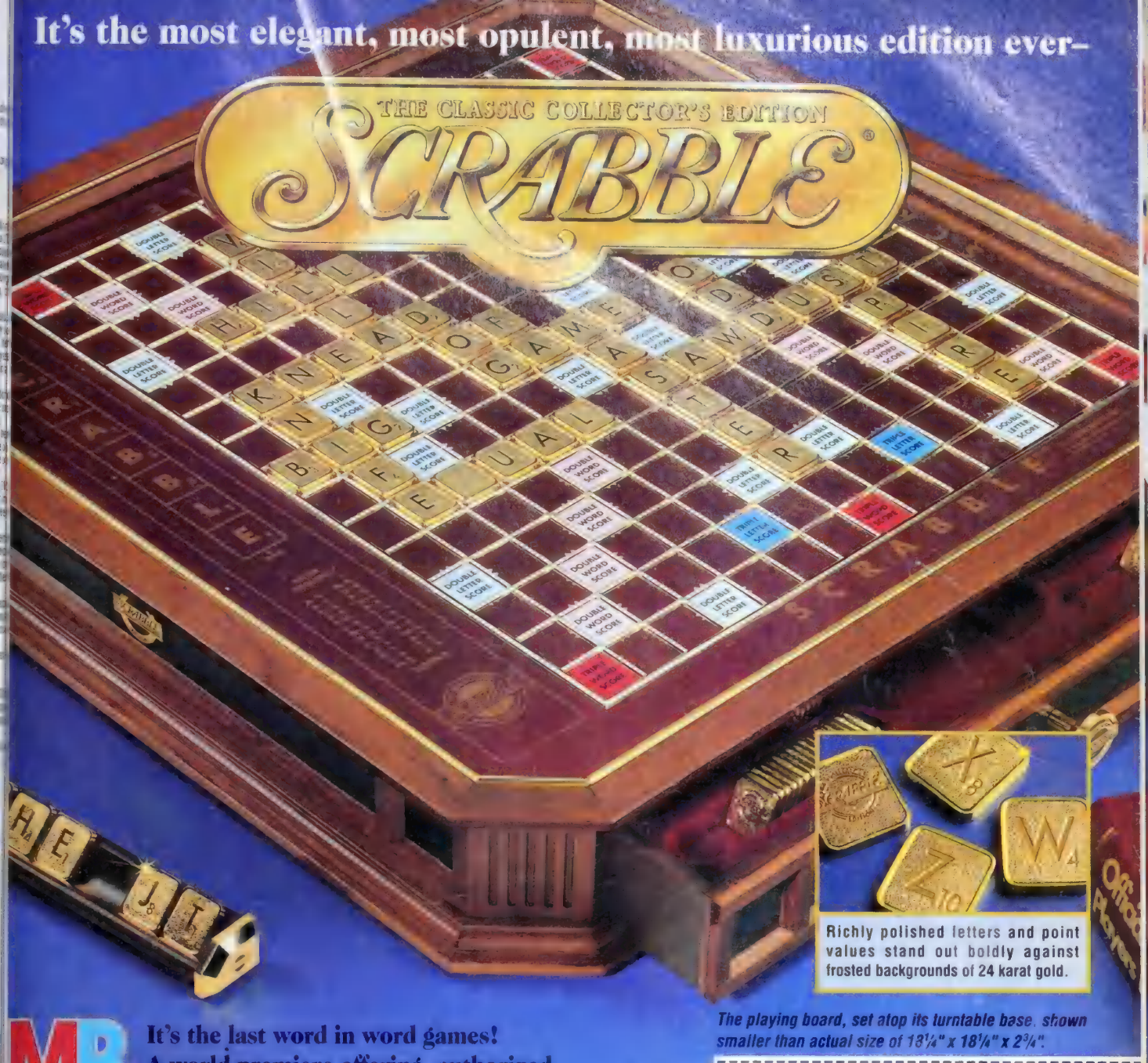
Product Information as of July, 1990

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A great place to work

continued from page 100

to do it a little better," says LINK's D'Agostino.

Avoiding the pitfalls

Even the most enthusiastic promoters of this lifestyle are quick to point out, however, that it's not for everyone. Ironically, the very freedom and flexibility that draw women to home-based work can prove to be their downfall. Most of us have been conditioned to think of work and home as distinctly separate spheres. If you merge the two, boundaries get blurred. As a result, some people start working later and quitting earlier as the days go on. Or the opposite may occur: The proximity of the desktop computer and the self-imposed pressure of work that's never done can lead some people to do nothing *but* work.

Then there's the isolation. Although you're leaving behind the petty annoyances of office life, you may also be significantly decreasing your daily dose of social interaction. "If the only people you see all day are your children, the mailman and your husband, you can get very lonely and depressed," says Coralee Kern, owner of the home-based Maid to Order cleaning service, in Chicago, and founder and president of the National Association for Cottage Industries. "I make it a point to get out and talk to people. Otherwise, it's very hard to be creative."

And while staying at home may help you avoid office interruptions, home-based temptations abound. Some women find themselves drawn to the refrigerator—while others can't stay away from the TV, out of the garden or off the phone.

Children can also be a major distraction. One of the biggest misconceptions women have about working at home is that it will eliminate the need for child care, says Kathleen Christensen, Ph.D., director of the National Project on Home-Based Work at the City University of New York Graduate School and author of *Women and Home-Based Work: The Unspoken Contract* (Henry Holt, 1988). "But many women find it nearly impossible to work and care for their children simultaneously."

Finally, it may take years before your business profits match your current paycheck—if they ever do. We've all heard inspiring stories like that of California computer whiz Sandra Kurtzig, who left General Electric in 1972 to start a programming business—in her spare bedroom. Today, her firm, The ASK Companies, employs twenty-one hundred people worldwide and grosses more than $4 million a year. But such spectacular success is rare; according to the Small Business Administration (SBA), 62 percent of all small businesses, home based or not, fold in their first six years.

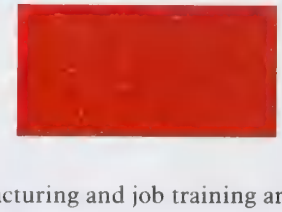
How you can work at home

If, despite the pitfalls, you think you have what it takes to succeed at home, here's how to get started:

● ***Measure yourself.*** Paul and Sarah Edwards advise that you ask yourself some key questions: Am I a good self-manager? Do I have the capability to set priorities and carry them through? Can I work effectively without being surrounded by colleagues? Am I comfortable making decisions? Do I enjoy taking risks? Am I an optimist? The two most essential attributes of the successful home-based worker are a strong desire for a different lifestyle and the willingness to learn what you need to do to achieve it.

● ***Test the waters.*** If you're still not sure you're ready, start on a small scale. Operate on a part-time basis after work or try telecommuting—working for your company out of your home. Many of today's jobs can be performed there; as long as it doesn't require expensive equipment or constant contact with co-workers, yours probably can be, too. Consulting, programming and marketing are eligible;

"All the things women juggle today are mind-boggling, but working at home helps them do it a little better," says one expert.



manufacturing and job training are probably out. One key to deciding whether *your* work is suitable for a home-based arrangement, says expert Gil Gordon, owner of Gil Gordon Associates, a management consulting company that specializes in telecommuting, is whether it's easily measured. "You and your employer need to agree on what constitutes a day's work," he says, "so you'll both know when the task is completed." Look first to your present company; few employers will hire someone new to work at home.

● ***Choose carefully.*** If you do decide to start your own business, make sure it's one that will sell. "One of the biggest mistakes I see women make is they don't do their homework," Coralee Kern admonishes. "They work from their hearts and say, 'Oh, this is a good idea for a business, I'm going to do it.' But love has nothing to do with business."

Find work that suits both you and the market. "It's got to be something that gets you out of bed in the morning," says P Edwards. But once you've identified kind of work that gives you satisfacti you've got to match that with what Edwardses call the "WWPPF" fact What Will People Pay For? To figure out, you must determine whether product or service you want to offe something people really need, a whether other businesses are already p forming a similar service in your area.

● ***Study up.*** Read trade magazines catch up with the industry. Then ch your local Yellow Pages to evaluate competition. If you can, join trade asso ations or contact similar businesses other communities. As long as they do feel threatened, most entrepreneurs happy to help a newcomer learn the rop

● ***Draw up a business plan.*** Deciding locate your new business in your ho doesn't mean you can take shortcuts. determine whether your venture will fl and to help secure financing—draw u business plan outlining your goals a strategies for achieving them. Start wit brief summary to catch the investor's e Then describe the business, includi how and why you chose it. Discuss y product or service, analyze the mar and map out a strategy for succe Finally, break down the operation's log tics and a long-range financial projecti If you need help, there are plenty of sources available, including your local brary, the nearest SBA district office (look the phone book under "government office and the Service Corps of Retired Exe tives (SCORE), which offers counseli you can reach SCORE at 800-827-5722.

You'll also need the services of an att ney and a tax professional familiar with intricacies of home-based business. Th can help you structure your operation a comply with any local regulations or or nances—some states prohibit certain ty of work at home; others impose strict z ing restrictions. And don't forget to get necessary licenses, permits and insuran contact your city's business-licensing planning department for specific regu tions in your community.

● ***Find financing.*** If you're planning making yours a full-time venture, expe agree you should have some type of fin cial cushion: Set aside enough money pay your bills for a minimum of months. Or start your new venture o part-time basis while you continue yo old job. "That cushion is essential," Sa Edwards notes. "Without it, you m make bad business decisions out of fear.

Some first-time entrepreneurs rely bank loans to get them off the grou But there are many other options th might prove better in the long run—a are easier to obtain. Find out whether y qualify for an SBA-guaranteed loan; sin the paperwork can be daunting, try to ply through your local *(continu*



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certified development company, a lending organization that works with the SBA (for the one nearest you, call the National Association of Development Companies, 202-785-8484). Your state's Department of Commerce or Economic Development Department can also provide information about state financing programs, as well as the many city and state programs that exist to help small businesses get off the ground.

If you do decide to try for a bank loan, choose an institution that has a reputation for working with emerging entrepreneurs. The local chapter of the SBA or chamber of commerce should have information on such banks in your area.

● ***Start smart.*** Establish an area that is separate and used solely for your work. A screened-off corner of the rec room is better than nothing, but a room with a door is ideal. Have a separate telephone line put in, and use an answering machine or service. Invest in printed stationery and business cards—the right image will communicate competence and professionalism—and buy the equipment you will need to get the job done.

Finally, enlist your family's help. Explain to your husband and kids that when you're in your office, you're at work. If you have young children, rely on child care just as you would if you worked outside the home. Set regular working hours—and stick to them.

Once you're officially in business, you've got to ensure that the dollars you're spending are more than matched by those coming in. "If you're starting on a shoestring, you do everything," says Linda Bolliger, founder of the Small Business Incubator, in Washington, D.C. "Plan to spend sixty percent of your time in production and management types of activity, twenty percent on business development or marketing, and twenty percent doing financial work—taxes, payroll and balancing the checkbook.

"There's no big mystique to this," she adds. "There's a blueprint to guide you. Follow basic business principles, and if it works, do it again and again." After all, "You *are* the boss!"

To inspire—and inform—your effort, here are the stories of three women who've been there.

Elizabeth Donovan
Invasion of the machines

The most difficult thing about starting a market-research firm out of her New York City apartment, recalls Elizabeth Donovan, was seeing her home invad by files, papers and office equipme "I'll never forget the day the UPS m showed up with the copy machine," sa Donovan, forty-one. "I took one look that enormous box and burst into tears."

The desire to strike out on her ov came ten years ago when Donovan w thirty-one, single and rent-poor. She w making $32,000 a year at a small N York market-r search firm wh she asked her bc for a raise. "He tc me I was maki very nice money f a woman my age she says. "That ma me angry. Wher did some calcul tions, I realized didn't have to st with him in ord to do as well."

She is, in fac doing much bett Donovan Researc Inc., current grosses about ha a million dolla a year. Her on bedroom Upp East Side apar ment "makes n happy and peacef and calm," Don van says. Wh she gets restles she goes to t piano and plays étude or two. I those day-to-d pleasures that ma it all worthwhil Donovan says: can take a brea and walk over Central Park, take a dance cla or visit a museum

"I still get ne vous before a ne project. Being hon hasn't diminishe that end of t stress, but it allov me to relax a litt better and achieve balance."

Cheryl Ross
The caterer got burned

As attractive as the idea of a home-base business can be, it's not for everyone-just ask Cheryl Ross.

Ross, forty, loves cooking and has a ta ent for planning and executing exotic di ners. But the catering business she ran o of her Los Angeles apartment near drove her to financial ruin. "My food w



great, you can ask anybody," she reports. "But I didn't pick a great time to try, and I made some bad business decisions."

Ross, a single mother, had just moved from Honolulu to Los Angeles with her thirteen-year-old daughter, Emalia, in October 1987, when the entrepreneurial bug bit. She bought an extra refrigerator to store perishables and created a work surface in her dining room by laying a door across some prefab shelving units and covering it with tile. "I knew you were supposed to have some money put away before starting a business," Ross admits, "but I thought I could do it on a shoestring. Boy, was I wrong."

The jobs did trickle in slowly, as word spread about the extraordinary ethnic menus Ross devised for clients. Unfortunately, though, those clients were few and far between, especially after the holiday party season. A part-time deli job brought in some money, as did the cooking classes she taught at a local gourmet specialty store. But the twelve-hour days were grueling, and the business was not paying for itself. Ross knew she needed to invest in more advertising, but she didn't have the money.

She began digging into her savings, borrowed money from her sister, took in a boarder, and even attempted to work as a maintenance manager for her building in exchange for reduced rent. "I remember standing there sweeping the sidewalk, totally exhausted," she says. "I was grasping at anything in order to keep going."

When efforts to obtain financing fell through in 1989, a year and a half into the business, Ross let go of her dream. She took a job as a gofer for a TV production company and is now the office manager.

"It was sad letting the business go, but I have plenty of years left to get back to the work that I really love," Ross concludes. "And when I decide to try it again, I'll be much wiser."

Judy Norris: starting small

The business that was born at her kitchen table now grosses about $800,000 a year for Judy Norris, fifty-three, and her husband, Shell, fifty-six, president and vice-president, respectively, of a home-based reunion-planning venture called Class Reunion, Inc.

Back in 1981, Norris was a divorced mother of three working full-time as a media-buyer for an advertising agency. "I was frustrated working for someone else," she says. "I felt I was doing all the work but not reaping the benefits."

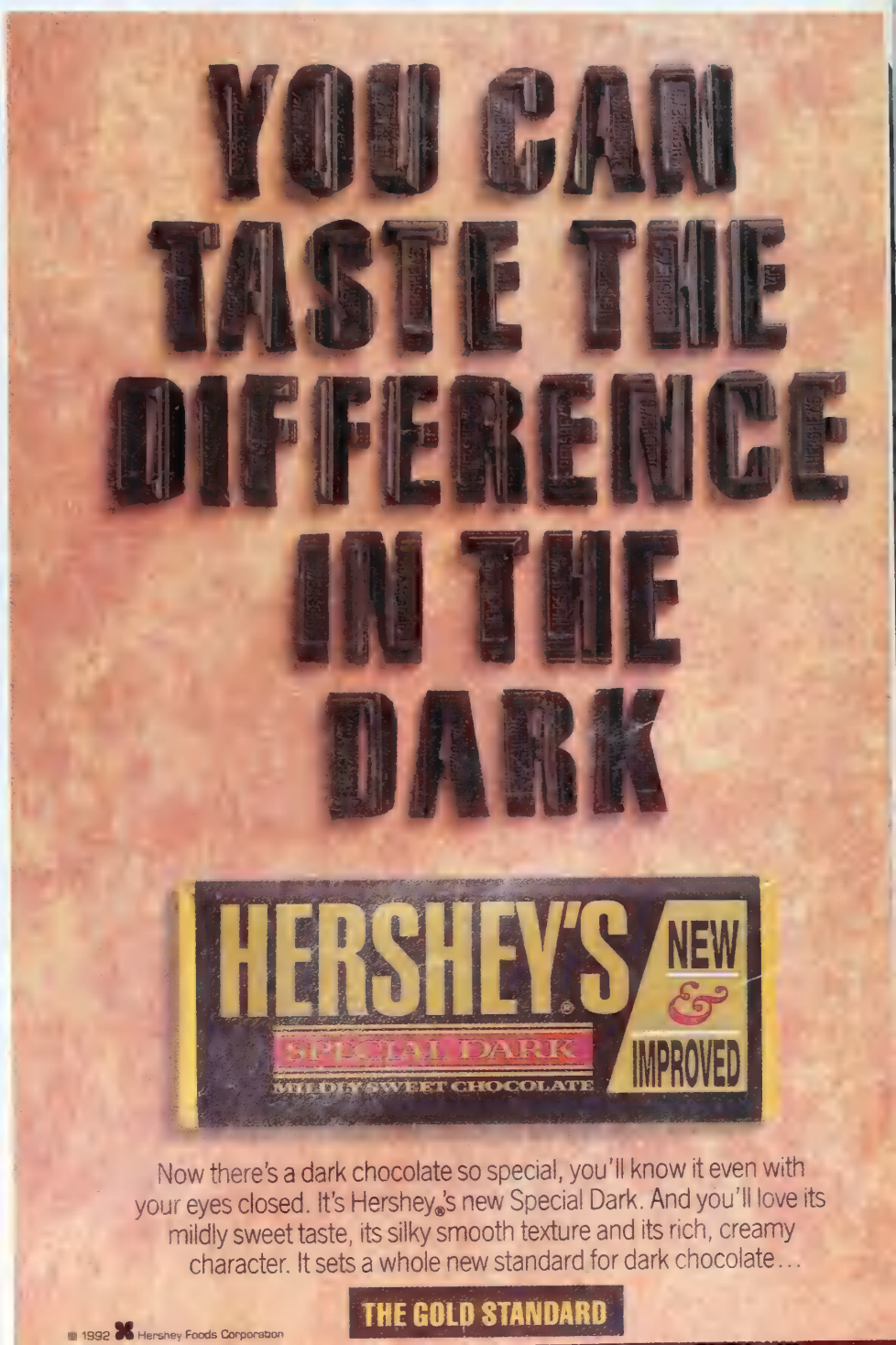
The idea for her current career came when husband-to-be Shell (who was working as a food salesman at the time) almost missed his thirtieth high school reunion because the planning committee was so incompetent. He told Judy he was sure they could do a better job. "I loved the idea as soon as he said it," she recalls. "I did some research and discovered there was no one doing reunion planning at that time. We talked about it for several months and decided to begin on a part-time basis."

But it was a slow start. Judy and Shell, who married six months into the business, made $18,000 their first year. "We didn't have anyone to copy, so we made everything up and then changed it fifty times," Judy says. "But we learned from our mistakes and just kept working at it."

In 1983, Judy and Shell decided to make reunion-planning a full-time venture—and to continue operating out of their large apartment. The enterprise dominates their home as well as their time, with only the master bedroom considered off limits. Eight part-time employees come and go, on different schedules, between nine A.M. and three P.M., while twenty to thirty other employees do research by phone from *their* homes as independent contractors.

As far as Judy is concerned, the biggest plus of being self-employed is the satisfaction it brings. "It's extremely hard work," she says, "but it gives me a great feeling of accomplishment. So many people tell me they think of business ideas but don't pursue them. But you can't be afraid to change—what's the worst that could happen? You'd have to go out and get another job." ■

Deborah Beroset Diamond, a writer in Columbia, Missouri, contributes frequently to the Journal.



Frank talk about the most intimate aspects of our lives

"I was dumped—but I got my revenge"

We all know infuriating stories of first wives who've been deserted and left to struggle on their own. Now meet one woman scorned who had the last laugh. By Carol Connolly

"We are a generation of masochists," writes Olivia Goldsmith in her hot new novel, *The First Wives Club*. I am living proof of that. Like the heroines in the novel, I was abandoned by my husband; they got their revenge, and so did I. Those fictional females did it by making their ex-husbands miserable; I evened the score by becoming happier than I ever was as a wife.

Growing up, I was taught to suffer not only for my own sins but for the sins of the entire world. When I married in 1958 at the ripe old age of twenty-three, I became an expert at suffering. During our courtship, my husband, a twenty-six-year-old lawyer, was kind and infinitely fascinating. I never dreamed he was also driven by a need for power.

On our honeymoon, when I mentioned that I wanted to keep my own bank account, my groom pushed me out of his Chevrolet on a highway thousands of miles from home. When he returned a few minutes later, I was practically in shock, but I had learned my lesson. Those were to be the rules, and I quietly went along.

I had to learn a lot of rules. We belonged to the best country clubs, but I had to beg for grocery money. When he wasn't practicing law, he was packing his bags; he moved into a hotel every time the tea was too hot or too cold. Why didn't I bail out? I was a fool for love, and I thought the good times would balance out the bad.

I was also pregnant. This was the era before the birth control pill, and I had a grand total of eight babies in eleven years. We had some household help, yet I was still lonely, overworked and overwhelmed.

My husband became bored with packing his bags, but he never stopped leaving. He disappeared into the telephone, the golf course, his work, other women. When he *was* home, he punished me psychologically and physically. If I disagreed with him on any issue, he would tell me I was stupid or ugly. Hair-pulling was another favorite tactic.

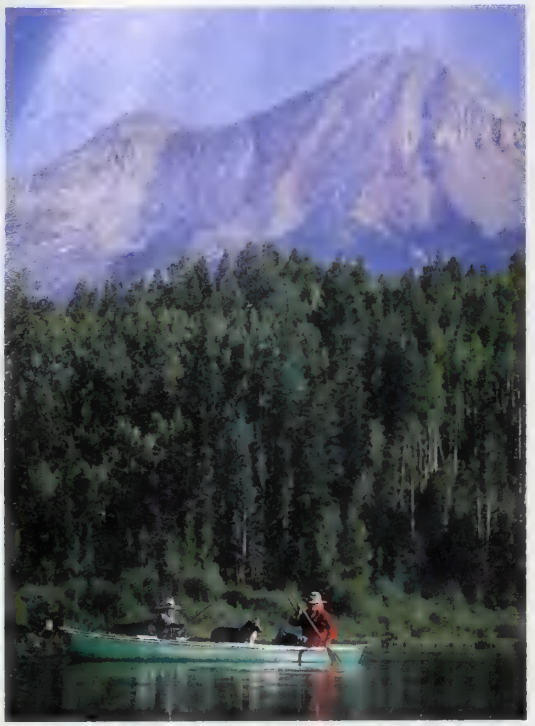
Somehow, our children managed to stay uninvolved in our marital crises, yet they gave me the support I needed to join a consciousness-raising group in 1971. My husband was furious, but this time I didn't give in. The encouragement of other women gave me the strength to take risks and follow my dreams. I began volunteering for my state's Women's Political Caucus, and seven years later became co-chair.

In the twenty-first year of our marriage, as I became happier with my life outside the home, I decided to make peace with my life within it. I suggested to my husband that we call a truce, renew our wedding vows and begin again. He simply walked away—then served me with divorce papers a few days later. *(continued)*

DIVORCED
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separated, celibate.
I have borne eight children.
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that I will die
a virgin.


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Woman to woman

continued

I stood on our veranda, overwhelmed by my totally unexpected grief.

A nasty two-year battle over property and alimony followed. The first offer from his side was an insulting $500 a month to support myself and our seven surviving children. From there, he kept fighting until we were both burnt out. During the trial, the lawyer of my soon-to-be ex had to prompt him when the judge asked him to state the full names of our children. He couldn't spell several names, and he forgot some birth dates.

Finally, I escaped with my life, my humor and a small percentage of my husband's income. I forged ahead with joy, yet with some lingering sadness.

Not long after the divorce was final, a friend offered me the use of her New York apartment for the summer. While there, a foundation that gave awards to women over forty who have accomplished heroic things asked me to be their program officer, helping to choose award winners—a job that allowed me to spend most of the year at home in St. Paul.

During my time in Manhattan, I also entered a poetry workshop and continued to write poems, pulling everything I could from my confusion about marriage and divorce onto the clean white page.

Back home, friends began asking to hear my poetry, and I read my poems at parties, at cafés, and anywhere two or more were gathered. I was shocked when I first heard an audience hoot with laughter at my work. Let's face it—the truth about a woman with seven children, dating in midlife, is angst-filled and hilarious.

There were lots of false starts before I met my new beau, a composer. The chemistry was instantaneous. What's more, he was handsome, five years younger, cooked and could spell the names of my children after only one meeting. It was wonderful to discover that real intimacy, love and friendship could go hand in hand.

In 1984, a publisher who heard me read my poems asked if her small press, Midwest Villages and Voices Publications, could publish a book of them. I agreed, realizing that I might be speaking for others who were still finding their voices. My book, *Payments Due*, was published in 1985. Since then, I have traveled around the country and to Ireland to read and lecture.

My writing career also saved my life when my lifetime alimony met an untimely death in 1986. My ex stopped his payments just before he married his third wife (and seventh fiancée). We went back to court, where I faced the absurd charge of "post-marital misconduct" because I was living with my boyfriend by this time. I panicked. My lifelong fears about money increased—big time.

After months of painful negotiati my ex agreed to a lump-sum settleme which was less than half of what expe later told me would have been fair. the same time, the New York found tion lost its funding, so I was simultar ously out of a job. I was fifty-two a had only a finishing-school diplon Yet what I experienced was unexpec relief. I was free. Free at last.

Despite my worries, I was never out work for long. For a while, I did so paid fund-raising for nonprofit organi tions. In 1988, I suggested to a friend mine, the editor-in-chief of my tow newspaper, that she needed a soc columnist, and that I was the woman the job. The column grew from once thrice weekly. That same year, the p ducer of a local daily TV magazine sh hired me to appear weekly as "Duchess of Dish."

To top it off, a friend who owns a lo theater asked me to perform a stand- routine, using my poems, in a sh called, "What's So Funny About Be Female?" On opening night, I pac around wailing, "I'm nervous." A you singer in the troupe replied, "Oh, get o it. We're here to have fun."

Not long afterward, the newspaper a TV jobs ended due to budget cuts, giv me time for other writing. Since 19 I've written the "People" column *Minneapolis/St. Paul* magazine, and I never stopped writing poetry. I used think it was my job to suffer, but singer was right. We're here to have f and fun always follows taking a risk.

As this story goes to press, a sta reading of *Payments Due* is in rehearsa Los Angeles. (Since my work is publi decided not to remain anonymous for article.) I'm busy writing, reading my ems in public and finding some time relax in my West Coast winter digs. man who never asks me to compromis by my side. Even my children survi their family life and are successful, c tributing adults. Best of all, I've wave firm good-bye to needless sufferi Despite warnings to the contrary, life be beautiful after divorce. And living truly is the best revenge.

WE WANT TO HEAR FROM YOU

This column is a series of intimate revelat by women. If you'd like to comment on article, or if you have a story you'd lik share, write to: Box WW, Ladies' H Journal, 100 Park Avenue, New York, 10017. Articles must be true, first-person counts about experiences that would be co ered personal enough to reveal only to a friend. (All identities will be kept an mous.) Stories should be 1,000 words, t double-spaced and accompanied by a self dressed, stamped envelope. We will pay $ for each article accepted for publication.

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by Robert Guzman-Forbes

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596ALH1

Making sense of standardized tests . . . teen trends. By Mary Mohler and Margery D. Rosen

Yo! Do you know what your kids are up to?

IRMA ZANDL DOES. THE PRESIDENT OF XTREME, INC., A NEW YORK–BASED CONSULTING AND MARKETING FIRM THAT TRACKS TEEN TRENDS, IS AN AUTHORITY ON WHAT KIDS ARE THINKING, DOING—AND WHY. WHILE WE CAN'T PROMISE THAT THE FOLLOWING GUIDE WILL KEEP YOU ONE STEP AHEAD OF YOUR KIDS, FOREWARNED, AS THEY SAY, IS FOREARMED





WHAT THEY WILL LOOK LIKE

You can breathe a sigh of relief; ripped jeans, purple hair and fourteen earrings seem to be on the way out. (Finally!) In their place: clean-cut à la Tom Cruise, Kevin Costner. Girls prefer tight-fitting jeans (with a rolled cuff, please); boys go for big, as in big shorts, big pants, big T-shirts. Luke Perry's (*Beverly Hills, 90210*) long sideburns are an inspiration; girls like their hair long with bangs, like his girlfriend, Brenda. And thanks to model Cindy Crawford, who's a favorite with both sexes, brunets will have as much fun as blonds. Sorry, but pricey Reebok Pumps are still de rigueur, especially for the elementary school set (laces *must* be untied). Older kids will be shod in heavy motorcycle boots or combat boots, à la Lagerfeld (but in much less expensive knockoffs).











FAVORITE MOVIE STARS
Kevin Costner, Tom Cruise, Arnold Schwarzenegger, Julia Roberts



WHAT THEY'RE WATCHING

Still *Beverly Hills, 90210*, but Zandl sees a definite interest drop. Rising star: Tim Allen's crazy antics on *Home Improvement* seem to strike the funny bone. MTV's *Liquid TV* and Nickelodeon's hip cartoon show *Ren and Stimpy*. And (now take a deep breath) *Studs*, the late-night nineties version of *The Dating Game*.

WHAT ARE THEY LISTENING TO?

Rap is still strong, though Zandl sees a dimming of interest in Hammer. Country, as in Garth Brooks, is looking good. What happened to Madonna and Michael Jackson? Too weird for most, says Zandl. More accessible: Paula Abdul.



WHAT THEY'RE READING

Hardy Boys (a perennial favorite, it seems), *Baby-Sitters Club* and Judy Blume for the eight- to twelve-year-olds, but teens are borrowing their parents' copies of Stephen King and Danielle Steel. And forty-one years after its publication, *The Catcher in the Rye* still strikes a chord.



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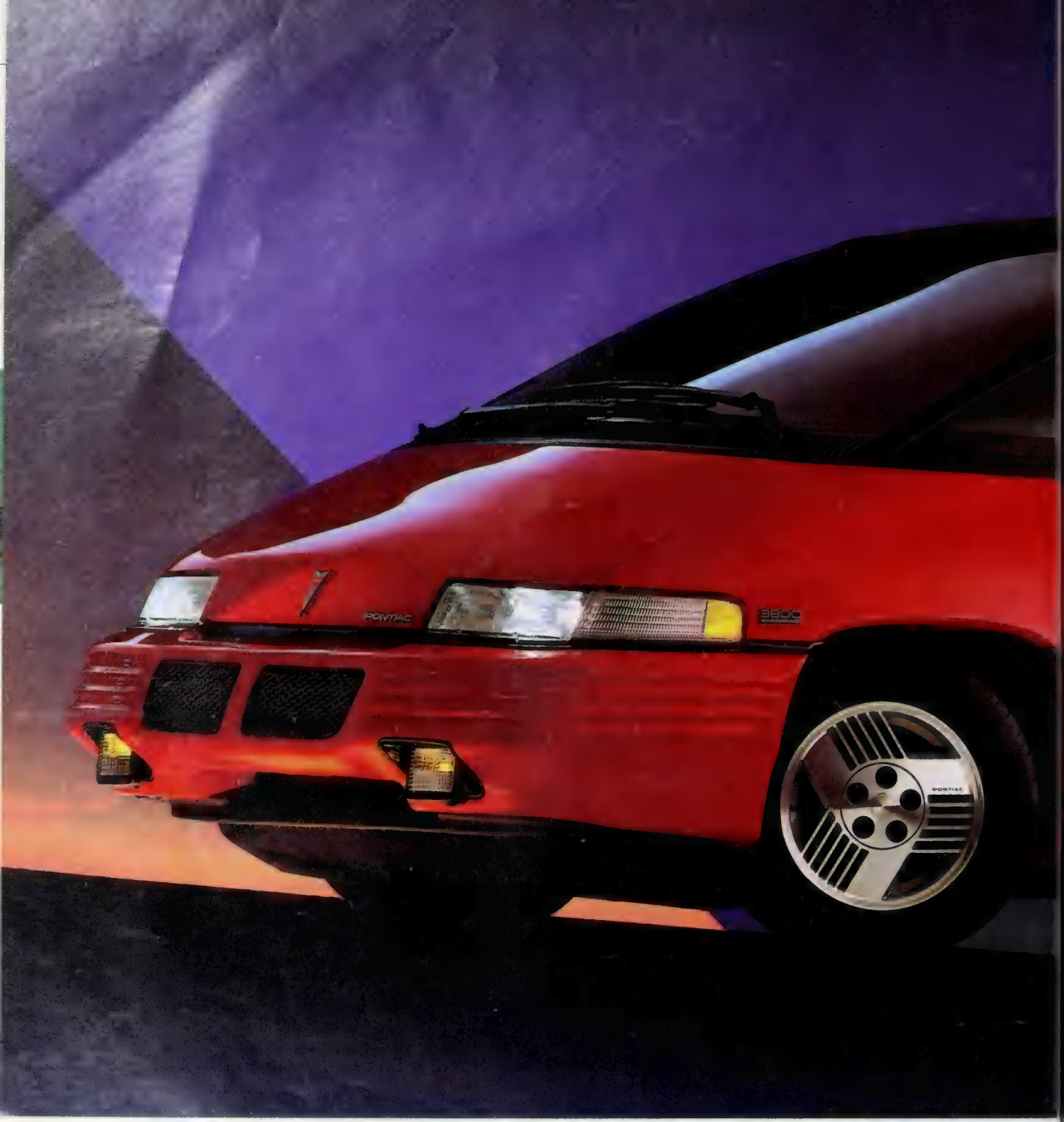


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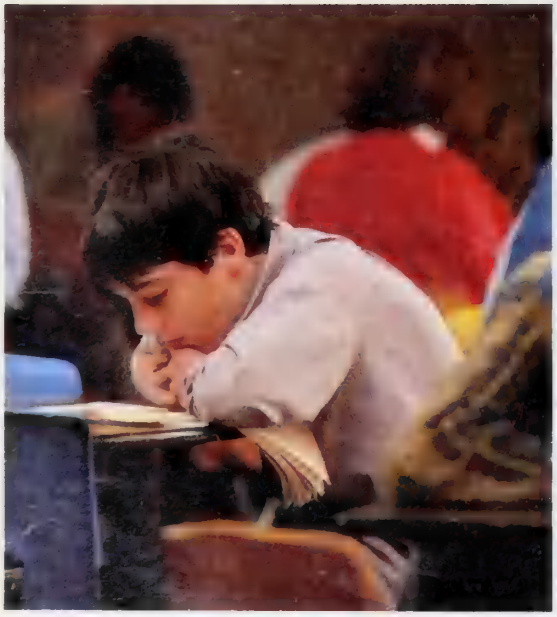
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Testing, testing

KIDS ARE GIVEN AN ESTIMATED TWO DOZEN STANDARDIZED TESTS DURING THEIR SCHOOL YEARS. CAN YOU HELP YOUR CHILD SCORE WELL?

Last fall, when an elementary school principal in the affluent Chicago suburb of Lake Forest, Illinois, was suspended from her post for allegedly altering the scores of her students on standardized tests, the national debate over the validity and importance of these tests was brought into sharp focus.

"This country is obsessed with assessment," says Ernest L. Boyer, president of The Carnegie Foundation for the Advancement of Teaching, in Princeton, New Jersey. "Parents want their kids to score well, teachers feel pressure—and our children are the losers."



Most children's first experience with standardized tests—and therefore most parents' first pangs of test-related anxiety—come at the end of first grade. How often children are tested and how many different tests they are given varies from school district to school district, depending on state law as well as local school policies. Some districts test children every year, some every few years; some give a battery of tests, some only one or two.

However, the nature of all this testing is the subject of intense debate. Many school psychologists and test coordinators believe that in our competitive society, we owe it to our children to make sure they are familiar with the process. Proponents also believe tests can provide valuable information to teachers and school administrators about how well they are teaching, as well as zero in on a child's strengths and weaknesses.

But opponents of standardized tests voice equally forceful arguments: They maintain that there are too many tests, and it's too confusing, even for many of the professionals who administer them. What's more, some opponents speculate that teachers may "teach to the test," locking themselves into a specific course of study instead of trying something creative or innovative. Still others believe standardized tests are biased against minorities and that the multiple-choice, fill-in-the-blank questions quash creative thinking. "The child who is a *(continued on page 126)*

A glossary of test terms

ACHIEVEMENT TESTS Tests that measure what a child has actually learned in a particular subject. These scores are not necessarily an indication of intelligence; they may highlight academic strength and weakness.

APTITUDE TESTS Tests designed to measure a child's potential in a particular area (e.g., reasoning and thinking ability), rather than how much he actually knows.

NORMS GROUP Sample groupings of children similar to your child who have taken the tests. Several different norms reference groups are used. National Norms (NN) are based on a sample of students across the country—be they urban, suburban or rural, rich or poor. The computerized printout you get may also include: IN (Independent School) norms, based on scores earned by students at private schools, or SN norms, based on suburban schools. This depends on what information your school asks for.

PERCENTILE RANK (%R) The percentage of students in a norms group who scored at or below a particular score. If a child has a percentile rank of 89, that means he scored as high as or higher than 89 percent of all the students in his norms group.

STANINE An abbreviation for "standard nine"; another way of showing where your child ranks. Based on a scale of one to nine, with five as the average, stanines are a more general measure than percentile—just as a B on a report card indicates a range of possible grades— say, 80 to 89.

RAW SCORES The actual number of questions the child got right.

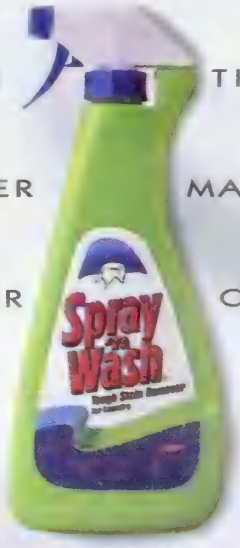
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(continued from page 122) little bit creative in his thinking might not score well," points out Karen Melin, chair of the Child Study Team and school psychologist at the Closter public schools in Closter, New Jersey.

What's more, many kids simply do not test well—and educators still don't know why. Is there an answer? Some districts are experimenting, in pilot projects, with what's called portfolio assessment, in which a student's work over time is accumulated and evaluated. Portfolios may include everything from special projects and essays to teacher evaluations, and they give a better sense of a child's progress than standardized tests do.

While interpreting test scores is complicated, you *can* help your child improve his score as well as make the testing experience a positive one. Remember: "A test is merely a snapshot of a child's abilities," says Glenn Stein, Ph.D., school psychologist and director of testing at the Dalton School, in New York City. "Parents place too much importance on scores. You can't make a definitive judgment about a child based on one test taken on one morning of his life." ■

You asked for it!

Good news for the thousands of readers who loved the first Parent's Digest: The second issue of the most useful parenting magazine ever is on your newsstand April 3. Ladies' Home Journal Parent's Digest is the only magazine with excerpts from books, journals, TV and videos—all the child-rearing information you need in one indispensable guide. On sale wherever magazines are sold.

How can I help my child?

Experts contend that the best way to help your child do well on a standardized test is by putting the importance of testing into proper perspective. "These tests are not a competition," says Ernest Boyer, "they are a way of determining a child's strengths and weak spots." Try to be as matter-of-fact as you can about test scores: Don't reward high scores and don't punish low ones. Also:

1. "Be encouraging and supportive throughout the year," says Michael H. Kean, Ph.D., vice-president for public and governmental affairs of the CTB Macmillan/McGraw-Hill, which publishes many standardized tests. That means: making sure he regularly attends school and completes all homework assignments, reads regularly, gets enough sleep and eats well-balanced meals.

2. Praise your child for his accomplishments. The child who has confidence in himself, who is not afraid of failing and who knows how to learn from his mistakes, will do better than one who doesn't.



3. Teach your child good study habits that will serve him well in his schoolwork as well as on tests. These include: reading all the directions carefully, taking the time to answer questions and looking over his work. "It's certainly not productive to study at the last minute for these kinds of tests," notes Glenn Stein.

4. Find out what tests your child will be given and when (ask the teacher or contact the district superintendent) so your child knows what to expect.

5. After you receive your child's scores, if there is anything you don't understand or that surprises you, make an appointment with the testing coordinator, school psychologist or guidance counselor. Ask: Are the scores consistent with his classroom performance? If not, is there anything you can do to help? Keep records of your child's school progress (report cards, evaluations and scores); this will help you pinpoint any patterns in learning that the tests might highlight.

6. Ask how your child's school compares to other schools across the country. If your school has consistently low scores over a long period of time, you should discuss the situation with testing officials. Get the PTA involved to see how you can work together.

7. Check regularly with your child's teacher during the course of the year so you know when a problem arises. ■

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The greatest loss of all

In small towns, urban ghettos and upscale suburbs, children are being murdered at a horrifying rate. And the death of every youngster leaves parents with a lifetime of grief and anger. A moving report

BY ANDREA GROSS

Joyce Knott, of San Diego, lost her daughter Cara in December 1986. The twenty-year-old woman was driving home from her boyfriend's house when she was signaled off the road by a California Highway Patrol officer—only to be beaten and strangled by him. The killer threw Cara's body off a bridge into a canyon. The tragedy left her mother nearly paralyzed by despair. "There was a long time when I just couldn't function," Joyce says now. "I just stayed home, and I was afraid to be alone. When I went back to work, I didn't have my full mental functioning for three years or more."

■ Rochelle Yates, a secretary from Philadelphia, can hardly bear to let her children out of her sight since her five-year-old son, Marcus, was killed four years ago. The little boy had been playing video games with his brothers and some friends at a neighborhood variety store when he was struck down during a gunfight between two reputed drug dealers. Rochelle is working to start a children's home to memorialize her son, but she cannot fill the empty place in her heart. "Birthdays do not go away, holidays do not go away, memories do not go away," she says. "How dare [people] say, 'Put it behind you and get on with your life'?"

■ Mike and Harriet Salarno's eighteen-year-old daughter, Catina, was shot to death by her boyfriend, Steve Burns, after she tried to break off their relationship. For ten years afterward, Mike, who runs an electronics store in San Francisco, buried himself in his work, never really acknowledging the depth of his pain. Then, in 1990, Steve came up for parole, and the thought that the killer might go free was too much to bear. For a while, Mike went into a tailspin. Now, says his wife, as Mike prepares to testify at Steve's next parole hearing, scheduled for May 18, he constantly replays the tragedy. "Every time he hears about another murder—especially a girl on a college campus—it's his daughter all over again."

These parents all suffer a malady of our age: the trauma that follows the murder of a child. And their number is multiplying rapidly; in the past ten years, 38,962 young people under twenty-one have been murdered in the United States. FBI figures show that the teen murder rate is increasing at four times the rate for the general population, the highest ever.

This murderous trend cuts across all geographic, social and economic lines, and while children are being killed most frequently by guns, they are also being stabbed, bludgeoned, strangled and beaten to death. The crimes are *(continued)*



Now, dermatologists have a product proven to regrow hair for women: *Rogaine*.

"Finally, I can do a lot more about my hair loss than just sit back and take it."

Until today, many women who were losing their hair could do nothing to grow it back. Now, after 8 months of clinical tests conducted by dermatologists at 11 medical centers,* Upjohn is proud to announce that *Rogaine* is the first product ever proven to regrow hair for women.

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Rogaine is the only product that's ever been clinically proven to regrow hair. In clinical tests,* almost 2 out of every 3 women who tried *Rogaine* containing minoxidil grew hair back: 13% had moderate regrowth and 50% had minimal regrowth. Thirty-nine percent of the women in a placebo group not using minoxidil also saw some regrowth. *However, when the actual number of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the Rogaine group averaged more than twice as much new growth (22.7) as the placebo group (11).* At least 4 months of treatment with *Rogaine* were usually necessary before regrowth could be evaluated.

Adequate and well-controlled studies have not been conducted in pregnant women treated with *Rogaine;* therefore, *Rogaine* should not be administered to pregnant or nursing women. Efficacy in postmenopausal women has not been studied.

Side effects were minimal: only 7% of the men and women tested had itching of the scalp. *Rogaine* is a clear, non-oily liquid you apply directly to your scalp twice a day. It's easy to use and won't interfere with your regular styling.

Anecdotal reports indicate that if you stop using *Rogaine,* you will probably lose the new hair within a few months.

***ROGAINE* COULD REGROW HAIR FOR YOU, TOO.**

It has for thousands of other women worldwide. But only a dermatologist or another doctor who treats hair loss can tell you whether *Rogaine* is right for you.

CALL FOR A $10 INCENTIVE TO SEE A DOCTOR.

Call the toll-free number below and we'll send you a $10 certificate. If you wish, we can also include a list of doctors in your area who are experienced in treating hair loss, plus an informative videotape.

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*Data on file, The Upjohn Company.

Rogaine® TOPICAL SOLUTION minoxidil 2%

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SEE YOUR DERMATOLOGIST OR CALL

1 800 388-8432 ext. 703

For a summary of product information, see adjoining page.

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Rogaine®
TOPICAL SOLUTION minoxidil 2%

The only product ever proven to grow hair.

What is ROGAINE?
ROGAINE Topical Solution, discovered and made by The Upjohn Company, is a standardized topical (for use only on the skin) prescription medication proved effective for the long-term treatment of male pattern baldness of the crown and in females for hair loss or thinning of the frontal areas of the scalp.

ROGAINE is the only topical solution of minoxidil. Minoxidil in tablet form has been used since 1980 to lower blood pressure. The use of *minoxidil tablets* is limited to treatment of patients with severe high blood pressure. When a high enough dose in tablet form is used to lower blood pressure, certain effects that merit your attention may occur. These effects appear to be dose related.

Persons who use ROGAINE Topical Solution have a low level of absorption of minoxidil, much lower than that of persons being treated with *minoxidil tablets* for high blood pressure. Therefore, the likelihood that a person using ROGAINE Topical Solution will develop the effects associated with *minoxidil tablets* is very small. In fact, none of these effects have been directly attributed to ROGAINE in clinical studies.

How soon can I expect results from using ROGAINE?
Studies have shown that the response to treatment with ROGAINE may vary widely.

Some patients receiving ROGAINE may see faster results than others; others may respond with a slower rate of hair growth. You should not expect visible growth in less than 4 months.

If I respond to ROGAINE, what will the hair look like?
If you have very little hair and respond to treatment, your first hair growth may be soft, downy, colorless hair that is barely visible. After further treatment the new hair should be the same color and thickness as the other hair on your scalp. If you start with substantial hair, the new hair should be of the same color and thickness as the rest of your hair.

How long do I need to use ROGAINE?
ROGAINE is a treatment, not a cure. If you respond to treatment, you will need to continue using ROGAINE to maintain or increase hair growth. If you do not begin to show a response to treatment with ROGAINE after a reasonable period of time (at least 4 months or more), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
If you stop using ROGAINE, you will probably shed the new hair within a few months after stopping treatment.

What is the dosage of ROGAINE?
You should apply a 1-mL dose of ROGAINE two times a day, once in the morning and once at night, before bedtime. Each dose should last about 30 days (1 month). The applicators in each package of ROGAINE are designed to help you apply the correct amount of ROGAINE with each application. *Please refer to the Instructions for Use.*

What if I miss a dose or forget to use ROGAINE?
If you miss one or two daily applications of ROGAINE, you should restart your twice-daily application and return to your usual schedule. You should not attempt to make up for missed applications.

Can I use ROGAINE more than twice a day? Will it work faster?
No. Studies by The Upjohn Company have been carefully conducted to determine the correct amount of ROGAINE to use to obtain the most satisfactory results. More frequent applications or use of larger doses (more than 1 mL twice a day) have not been shown to speed up the process of hair growth and may increase the possibility of side effects.

What are the most common side effects reported in clinical studies with ROGAINE?
Studies of patients using ROGAINE have shown that the most common adverse effects directly attributable to ROGAINE Topical Solution were itching and other skin irritations of the treated area of the scalp. About 7% of patients had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported by patients using ROGAINE or placebo (a similar solution without the active medication).

What are some of the side effects people have reported?
The frequency of side effects listed below was similar, except for dermatologic reactions, in the groups using ROGAINE and placebo. *Respiratory:* bronchitis, upper respiratory infection, sinusitis; *Dermatologic:* irritant or allergic contact dermatitis, eczema, hypertrichosis, local erythema, pruritus, dry skin/scalp flaking, exacerbation of hair loss, alopecia; *Gastrointestinal:* diarrhea, nausea, vomiting; *Neurologic:* headache, dizziness, faintness, light-headedness; *Musculoskeletal:* fractures, back pain, tendinitis; *Cardiovascular:* edema, chest pain, blood pressure increases/decreases, palpitation, pulse rate increases/decreases; *Allergic:* nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, sensitivity; *Special Senses:* conjunctivitis, ear infections, vertigo, visual disturbances including decreased visual acuity; *Metabolic-Nutritional:* edema, weight gain; *Urinary Tract:* urinary tract infections, renal calculi, urethritis; *Genital Tract:* prostatitis, epididymitis, sexual dysfunction; *Psychiatric:* anxiety, depression, fatigue; *Hematologic:* lymphadenopathy, thrombocytopenia; *Endocrinologic.*

Individuals who are hypersensitive to minoxidil, propylene glycol, or ethanol must not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes, mucous membranes, or sensitive skin areas. If ROGAINE accidentally gets into these areas, bathe the area with large amounts of cool tap water. Contact your doctor if irritation persists.

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Although serious side effects have not been attributed to ROGAINE in clinical studies, there is a possibility that they could occur because the active ingredient in ROGAINE Topical Solution is the same as in *minoxidil tablets.*

Minoxidil tablets are used to treat high blood pressure. *Minoxidil tablets* lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to retention of fluid and increased heart rate. The following effects have occurred in some patients taking *minoxidil tablets* for high blood pressure:

Increased heart rate: Some patients have reported a resting heart rate increased by more than 20 beats per minute; rapid weight gain of more than 5 pounds or swelling (edema) of the face, hands, ankles, or stomach area; difficulty in breathing, especially when lying down, a result of an increase in body fluids or fluid around the heart; worsening of, or new onset of, angina pectoris.

When ROGAINE Topical Solution is used on normal skin, very little minoxidil is absorbed, and the possible effects attributed to minoxidil tablets are not expected with the use of ROGAINE. If, however, you experience any of the possible side effects listed, discontinue use of ROGAINE and consult your doctor. Presumably, such effects would be most likely if greater absorption occurred, e.g., because ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in doses higher than would be obtained from topical use in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given *minoxidil tablets* for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
Individuals with known or suspected underlying coronary artery disease or the presence of or predisposition to heart failure would be at particular risk if systemic effects (that is, increased heart rate or fluid retention) of minoxidil were to occur. Physicians, and patients with these kinds of underlying diseases, should be conscious of the potential risk of treatment if they switch to ROGAINE.

ROGAINE should be applied only to the scalp and should not be used on other parts of the body because absorption of minoxidil may be increased and the risk of side effects may become greater. You should not use ROGAINE if your scalp becomes irritated or is sunburned, and you should not use it along with other topical treatment medication on your scalp.

Can individuals with high blood pressure use ROGAINE?
Individuals with hypertension, including those under treatment with antihypertensive agents, can use ROGAINE but should be monitored closely by their doctor. Patients taking guanethidine for high blood pressure should not use ROGAINE.

Should any precautions be followed?
Individuals using ROGAINE should be examined by a physician 1 month after starting ROGAINE and at least every 6 months thereafter. Discontinue ROGAINE if systemic effects occur.

Do not use it in conjunction with other topical agents such as corticosteroids, retinoids, petrolatum, or agents that enhance percutaneous absorption. ROGAINE is for topical use only. Each milliliter contains 20 mg minoxidil, and accidental ingestion could cause adverse systemic effects.

No carcinogenicity was found in topical application. ROGAINE should not be used by pregnant women or by nursing mothers. The effects on fetus and delivery are not known. Efficacy in postmenopausal women has not been studied.

Pediatric use: Safety and effectiveness have not been established under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

The Upjohn Company
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The greatest loss of all

continued

often the random acts of brutal strangers: the drive-by shootin or the robbery gone wrong. But it is equally likely that young sters will be attacked by someone they know.

Time brings little comfort to their families. In addition t their overpowering grief, these parents often feel tormented by criminal-justice system that ignores their feelings and is insen sitive to their needs. The resulting strains can ruin their health shatter their families and forever change their lives.

A personal hell

When a child is murdered, sorrow is intensified by a multitud of feelings: guilt, helplessness, anger. The memories are con stantly replayed—and the agony lingers.

"For parents who have lost a child, the grief cycle sometime lasts five or six years," says Mary Anne Schreder, director of th Centre for Living with Dying, a grief-counseling program i Santa Clara, California. "And when there's the extra anguish murder, it can be much, much longer. Each parent lives in hi or her own personal hell, reliving the death a thousand times, million times."

Joyce and Sam Knott are haunted by their daughter's murde every time they drive on a freeway or see a California Highwa Patrol car. Craig Peyer, the officer who killed Cara, was convic ed and is serving twenty-five years to life, but that doesn't mu the pain. "When my daughter was brutalized, it was by som body in authority," says Sam. "That makes it so outrageous th there's no way I can let it go away."

Joyce continues to berate herself. Why did she let Cara driv alone at night? Why didn't she tell her to spend the night at h boyfriend's house? Why, why, why?

This guilt is necessary at first, as people try to find explan tions for the inexplicable, according to Lula Redmond, M.S executive director of the Center for Crime Victims an Survivors, a counseling center in Clearwater, Florida. It's a wa of trying to regain a sense of control.

Yet the anguish often causes parents to become physically il "[The parents I see] are more vulnerable to major things like u cers and heart attacks and cancer," says Nancy Ruhe, executiv director of Parents of Murdered Children (POMC), a self-he and advocacy group headquartered in Cincinnati.

Grief had severe consequences for Charles and Louise Hube of Naperville, Illinois; their eighteen-year-old son, Chuck, w stabbed to death in 1981 by a man he met in a bowling alley. I the frenzy of the attack, the killer pierced his own femor artery and bled to death beside Chuck.

A month later, the couple attended a high school productio of *Brigadoon.* At the climactic scene in which a young man killed, Charles asked Louise to rush him to the hospital. H thought he was having a heart attack. "It wasn't a heart atta after all," says Louise, "but the doctor said his blood pressu was astronomically high. He had so much anger inside."

Often the damage is emotional as well as physical. Rochel Yates must contend with the effect on her two other sons, bo of whom were present at the shooting. Malcolm, now age te was himself shot in the hip and foot and still walks with a slig limp. Despite counseling, he has nightmares and his grad have dropped from straight A's to below average. Tony, fiftee who had tried to save his little brother by sticking his finger i side the bullet hole to stop the bleeding, has become defian "He doesn't care about anything," says Rochelle. "He's like quiet time bomb."

Shattered families

As the days pass into weeks and months after a death, lov ones begin the struggle to reorganize. "The family has to cor back as a different size with a different set of relationships," sa Nancy S. Hogan, Ph.D., an associate professor of *(continue*

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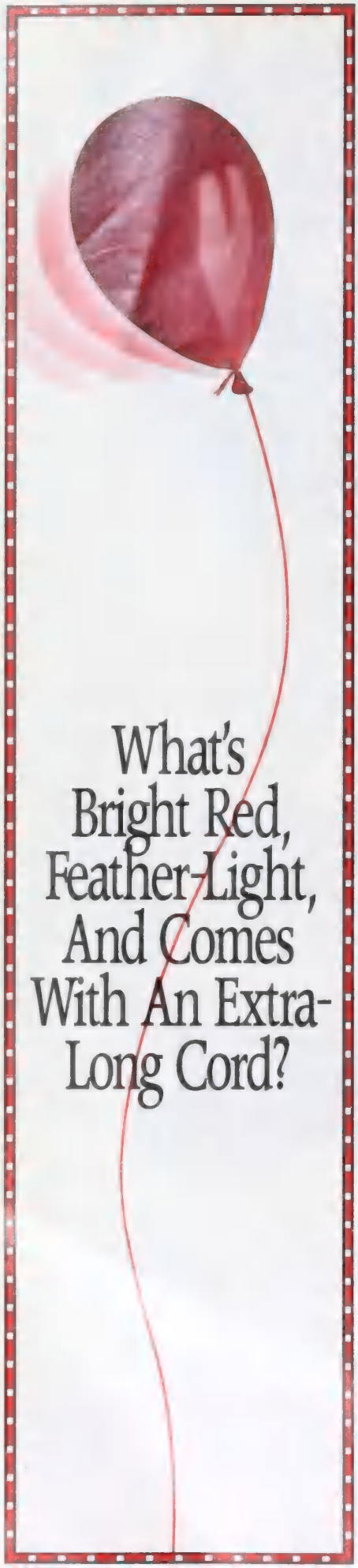
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nursing at the University of Miami who has done studies of bereaved families.

"You can always tell that someone is missing," confirms Nina Salarno, Catina Salarno's younger sister. For Nina and her family, the horror of Catina's death was magnified by the fact that they had treated the killer like a member of their family. Mike had even hired Steve to work part-time in his store. It was there that he found and stole Mike's gun, the one he used to shoot Catina on the evening of their first day at University of the Pacific, in Stockton, California. After the shooting, he returned to his dormitory room and watched Monday night football.

For the survivors of an acquaintance murder like this, all trust is destroyed. Even after thirteen years, both Nina, twenty-six, and her sister, Regina, twenty-nine, say they are unable to have a serious relationship with a man. "I don't trust people, because I trusted Steve," Nina says.

The murder damaged the relationship between Catina's parents as well. "Mike and I are still together, but for a while it was shaky," Harriet Salarno says.

This is not unusual, according to Nancy Ruhe, of POMC. Often, instead of pulling together, spouses retreat into solitary spheres of grief and rage. "If a marriage had problems before, the chances of its survival are slim," Ruhe says. "For those who had a healthy marriage, probably only fifty percent stay together."

Many couples also face financial difficulties. Ruhe estimates that job loss is a frequent occurrence: "Bosses don't understand how much time parents need for talking to police and for trials and how they are absolutely unable to concentrate."

Because Mike Salarno owned his business, he was in no danger of being fired, but he was away so often during the trial that the company very nearly went bankrupt. The Salarnos say they can't afford to move, so they still live where they can see the home of Steve's family from their front window.

Labyrinth of darkness

All too often a parent's anger at the murder of a child is compounded by an institution that is supposed to provide relief: the criminal-justice system. "In traditional societies, it was the duty of family members to revenge a murder; but in our society, the restitution is taken over by the courts," says Dennis Klass, Ph.D., author of *Parental Grief: Solace and Resolution* (Springer, 1988). "The court system contributes to the parents' sense of powerlessness and impotence." Sam Knott probably speaks for most parents when he says, "The criminal-justice system is a labyrinth of darkness."

Parents first learn that they have no legal standing in criminal procedings. C system views killing and other offense crimes against the state, not against victim or the family. Decisions such sentencing or parole can be made with the parents' consent or knowledge.

At trials, parents often find themsel frustrated by countless delays, and quently, no provision is made to k them from having to ride in elevators share waiting rooms with a defenda sometimes they are even harassed friends of the accused. Defense lawyers ten move to have parents banned from courtroom for fear their presence will duly influence the jury. Judges frequer grant these requests.

Wendy Nelson, of Tarpon Sprin Florida, was not allowed to attend the t of her daughter Elisa's murderer in 19 Elisa, ten, was abducted while riding bicycle to school one morning and found in the woods, her head crushed b heavy pole. The killer, Larry Mann, t ty-nine, a parolee from Mississippi, convicted of first-degree murder. Nel was allowed to attend the sentencing h ing, however, in which Mann was s tenced to death. "If the family is sittin the courtroom, the victim is not a ma folder—it's a real person," Nelson says.

If the family members must test they may find themselves subject to c cross-examination. Harriet and M Salarno were kept from the courtro when their daughters were testify against Steve Burns. When defense at neys tried to make it seem as if Salarnos, by befriending Steve, w somehow responsible for the murc Nina, then thirteen, burst into tears bolted from the courtroom. "Daddy," sobbed, "you told us to tell the truth. W don't they tell the truth?"

Keeping them behind bars

Even a conviction is not the end of story. In the Nelson case, Larry Mann mains on death row after twelve ye currently pursuing his third app Prison terms are unpredictable—even sentences. In most states, the presumpt is that prisoners can eventually rehab tate themselves; authorities also try release convicts to ease prison ov crowding. Therefore, 90 percent of c victed murderers get out early, accord to the U.S. Justice Department. Jud rarely mete out life sentences anyway; average, murderers are sentenced to twenty years and are released after o six and a half years. Parents face repea parole hearings if they want to keep th child's killer behind bars.

Pat Robinson feels victimized si her daughter's murder in 1979. T girl, Kay Lyn, then eighteen, wen her boyfriend's apartment in Augu Kansas, to pick up some addresses for high school graduation announceme

veral hours later, her boyfriend, who d been at work at the time, found Kay n's nude body on his bed. She had been ped, and her throat had been slashed ice from ear to ear.

Police arrested two neighbors: Allen rdan, then twenty-two, recently paroled a robbery charge; and Douglas illiams, twenty-one. Each was convicted first-degree murder and sentenced to fe in prison, but the Kansas Supreme ourt, the state's highest, overturned Villiams's conviction, saying that the evi- ence was circumstantial. He was released ter serving eighteen months.

Then Pat discovered that Jordan had een moved to a work-release program in 990. He would have greater freedom and, her opinion, more chance to escape.

Pat decided to take action and called he head of the Kansas Department of orrections. "I told him I had been vic- mized by Kansas once when Jordan was t out of prison, so-called rehabilitated, nd he murdered my daughter. I will drag ay's blood from the steps of the capitol, p through the rotunda, and into the gov- nor's office to keep that man in prison.' "

Her tirade got results. Four hours later, at was notified that Jordan was being re- rned to prison and that in fact his ad- hission to work release had been an error. ow she calls every three months to heck on his whereabouts, and she and er husband plan to be at his first parole earing in 1994. "It never finalizes," she ays with a sigh, "and I don't suppose it ill ever finalize in my lifetime."

alancing the scales

ome families can find a source of com- ensation in the civil court system, by uing the killer and any other institution hat may bear some liability for the iller's wrongful behavior. Families do his not just for the money, says Nancy uhe, but for the possibility of getting eople and institutions to change. For ex- mple, Joyce and Sam Knott sued Craig eyer and the state of California. The case s currently under appeal.

Others are finding an important outlet n victims' advocacy groups. "By working o change the laws and rules of criminal roceedings, [parents] gain political pow- r," says Dennis Klass. "This is a psycho- ogical cure; they're not victims nymore."

Nina Salarno is studying to become a awyer, and her mother has become a tire- ess worker for victims' rights.

"I made a pledge at [Catina's] funeral," ays Harriet. "I said, 'Your death has to be or a reason.' " In 1980, she founded ustice for Murder Victims, an dvocacy/support group. It was instru- nental in passing a 1990 California anti- rime law that includes, among other hings, assurance of speedier trials. Members are now working on legislation to enact fixed sentencing for felonies, so convicts cannot be paroled.

Partly because of the advocacy of parents of murdered children, during the eighties many states enacted laws to give some consideration to victims. For example, in thirty-one states, victims and their families are now entitled to a waiting area away from the defendant's family. Judges are becoming more lenient, often allowing parents to attend a trial as long as they don't show emotions that could jeopardize the rights of the defendant. And in twenty-three states, parents must be notified of plea bargains and parole hearings.

In most states, however, these rights are provided by statute, and advocates worry that they can be overturned at any time. Activists are lobbying for these rights to be added to state constitutions so they'll be more firmly established. At this time, only seven states—Arizona, California, Florida, Michigan, Rhode Island, Texas and Washington—guarantee any victims' rights in their constitutions, although changes are on the ballot in three more states this fall.

But the tide is slowly turning. In 1987 and 1989 the Supreme Court had ruled that victim-impact statements were too prejudicial to the defendant in death-penalty cases. Last year, however, the Court ruled in another case to allow families' testimony. Such statements are an important means of catharsis, as was so vividly broadcast to the nation at the sentencing hearing of serial killer Jeffrey Dahmer.

Yet no matter what laws are passed, or how much time has passed, each parent ultimately must continue to face the terrible loss. "The murder of a child is something you don't ever get over," Louise Huber says sorrowfully. "To me, getting over it would mean I would no longer miss Chuck, and I will miss him for the rest of my life." ■

Andrea Gross is a contributing editor of Ladies' Home Journal.

MAKE YOUR VOICE HEARD

April 26 to May 2 is National Crime Victims' Rights Week, and advocacy groups around the country are sponsoring protests and other activities. For example, Harriet Salarno's group, Justice for Murder Victims, will be demonstrating at the California state capitol in Sacramento. The group will line up 643 white coffins to represent the victims of all the inmates on death row in California. For more information, contact the National Victim Center, 2111 Wilson Boulevard, Suite 300, Arlington, VA 22201; 703-276-2880.

Contributions to the Marcus J. Yates Home, a nonprofit organization, can be sent to the Marcus Yates Foundation, c/o Philadelphia Savings Fund Society, 1346 Chestnut Street, Philadelphia, PA 19107.



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Calcium: the hypertension link

Calcium not only helps fight osteoporosis, but it may also battle high blood pressure. Some of the newest data:

■ The Nurses' Health Study, an ongoing project at Harvard University involving more than 58,000 women, demonstrated a link between adequate calcium intake and a lower risk of hypertension. ■ A 1991 study of almost 1,200



women in Argentina found that calcium supplements reduced the rate of hypertensive disorders during pregnancy. ■ Investigators at Boston University studied seventy-nine children ages three to five and discovered that the higher their calcium intake, the lower their blood pressure.

As researchers continue to explore how calcium affects hypertension, make sure you are getting enough—most American women aren't. The RDA is 800 milligrams a day, 1,200 if you're pregnant, breast-feeding, or under twenty-five. Some good low-fat sources: low- or nonfat milk, yogurt, frozen yogurt, and broccoli; or ask your doctor about a dietary supplement. —JOAN LIPPERT

Smarter pills

Sometimes even the right medicine can't cure an illness if it's not administered in the most effective way. Now, though, there's a smarter set of remedies on the horizon: ■ *Researchers at the Oklahoma Health Sciences Center, in Oklahoma City, are developing a pill that will melt like cotton candy in the mouths of people who have trouble swallowing. The pills have a gelatin and sugar base and flavorings to mask the bitter taste of medicine.* ■ *Experimental capsules containing tiny radio transmitters will eventually help doctors target drugs to the areas of the intestine where they are best absorbed. Developed by researchers at the State University of New York at Buffalo, the capsules, once ingested, send a radio signal to a monitor worn by the patient. When the capsule hits the right spot in the intestine, the monitor signals it to release the drug. The radio transmitter then passes harmlessly through the body. Researchers hope the technology will one day be used to administer insulin to diabetics and chemotherapy to cancer patients.* ■ *New drugs can make cancer cells more receptive to chemotherapy and radiation without further harming the normal cells that can be damaged by those treatments. In an ongoing study at the Arizona Cancer Center in Tucson, doctors administered the drug cyclosporin A along with chemotherapy; they reported that treatment was effective for twenty of the twenty-seven patients who had a type of leukemia usually resistant to chemotherapy. Doctors at the Hospital for Sick Children, in Toronto, found that cyclosporin A boosted the effectiveness of chemotherapy when given to children being treated for drug-resistant cancers of the bone, eye and nervous system. In a study conducted by the National Cancer Institute, another sensitizer, R-verapamil (more commonly used to treat high blood pressure), helped combat drug resistance in patients with lymphoma.* —SALLY SQUIRES

No more surgical biopsies?

Every year hundreds of thousands of women undergo surgical biopsy after a lump in their breast is detected during mammography or an examination. In about 80 percent of cases, the lumps are found to be benign. No matter what the result, the procedure is expensive, painful, and can cause scarring. Now, a new, nonsurgical method of obtaining tissue samples from breast lumps may mean an end to all that. The technique, called stereotactic automated large-core-needle biopsy, has been shown to be as accurate as surgical biopsy. During the procedure, the patient—under local anesthetic—lies face down on a specially designed table. A machine, guided by computer to the exact site of the lump, shoots a needle into the breast for a fraction of a second and removes the sample.

The woman can return to her regular activities right away. The procedure costs about $750 to $1,000, one third to one half the price of surgical biopsy. —J.L.

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To walk again

Just a few years ago, many of those who suffered spinal-cord injuries were condemned to a lifetime of paralysis. But medical breakthroughs can now give them a second chance



MODERN MIRACLES: A YOUNG WOMAN, PARALYZED IN AN AUTO ACCIDENT, CAN RIDE AN EXERCISE CYCLE, THANKS TO ELECTRICAL SIGNALS THAT DO THE WORK OF DAMAGED NERVES

BY JOY DAVIDSON

It was barely light the morning of August 10, 1989, when Denise Shoblom, her seventeen-year-old son, Lee, and his friend Jimmy piled into Lee's beige pickup in Lake Havasu City, Arizona, and headed for a backpacking vacation in the Grand Canyon. The rest of their party followed in a car. Fifteen minutes from their destination, the truck blew a tire and rolled over four or five times. The two young men escaped unhurt, but Denise was pinned, semiconscious, beneath the truck.

An emergency medical team took her to the nearest hospital, Kingman, two and a half hours away. There, doctors confirmed that Shoblom's neck was broken in three places. Given the severity of her injuries, they decided to call spinal-cord-injury experts from Barrow Neurological Institute, in Phoenix.

That call may have been the turning point for Denise: Barrow physicians advised Kingman staffers to give her methylprednisolone, a steroid medication that seems to lessen the degree of paralysis and sensory loss suffered by patients with grave spinal-cord injuries (SCI). When given within eight hours of injury, the drug appears to inhibit decay of critical spinal nerves, a process that may otherwise continue for up to forty-eight hours after the injury takes place.

After months of intensive physical therapy, which continues today, Denise, forty-three, has been able to walk on her own again, beating what doctors described as virtually insurmountable odds. "I still get frustrated and still have pain," she says. "But I'm about sixty-five percent improved—working toward a hundred!"

Only a decade or so ago, people as severely injured as Denise were usually confined to wheelchairs—permanently. But dramatic advances in both treatment and rehabilitation have greatly improved the outlook for many of the fifteen thousand Americans who are paralyzed annually as a result of SCI. Nearly half are hurt in road accidents, like Denise, but only 20 percent are women; the typical victim is a teenage male.

In addition to the development of promising new drugs, researchers are now combining traditional physical therapy with state-of-the-art technology and bioengineering. In fact, experts say that if advances like these continue at their present pace, many severely injured patients may be able to leave their wheelchairs behind within the next ten to fifteen years.

Why is SCI so devastating? Because the spinal system is so complex and delicate—and so vital. The spinal column, which is composed of thirty-three vertebrae separated by rubbery disks, contains some twenty million nerve fibers that relay messages to and from the brain. These crucial signals help regulate movement, sensation and other bodily functions, such as bladder control. But if the long nerve cells of the spinal cord—or indeed any nerve cells—are cut, they do not *(continued)*



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regenerate the way other tissues do.

The location of an SCI helps determine the severity of disability. The higher on the cord the injury, the more parts of the body affected, because the patient loses sensation and movement controlled by nerves that originate below that point. Also important is how completely the cord is severed. When the cord is cut through, the limbs are like telephones that have been disconnected, and the injury is total. When the spinal cord is crushed or bruised but not completely severed, patients may be partly paralyzed or suffer a loss of movement with retention of some feeling (and vice versa).

Spine-saving techniques

Since every injury is different, it has been difficult for physicians to determine each patient's potential for recovery. Now, however, thanks to an advanced diagnostic technique called electromyography (EMG), experts can make increasingly informed decisions. The technique involves placing tiny needles into the muscles to record electric impulses, picking up movements too minuscule to be seen or felt.

Once doctors and physical therapists know that nerves are still communicating with specific muscles, they can, in some cases, restore functioning with exercise. The patient trains his body to circumvent lost neural pathways with new ones.

An even more advanced technique is functional electrical stimulation (FES). Sometimes used along with EMG and biofeedback, FES utilizes portable computerized stimulators the size of pocket calculators to send electrical currents to the nerves that enable muscles to move. Researchers say that in addition to enabling some paralysis victims to move again, the electrical current may help minimize or even reverse the tissue shrinkage that accompanies paralysis.

Mary Jane Kipp, forty-eight, was paralyzed and lost nearly all use of her hands and legs three years ago after an automobile accident. Then Joyce Campbell, Ph.D., an associate professor in the department of physical therapy at California State University, Long Beach, and the Rancho Rehabilitation Engineering Program, in Downey, California, persuaded Kipp to participate in a study of FES hand implants.

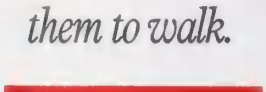
Kipp now has sixteen electrodes implanted under the skin of her right hand. The wires are attached to a computerized stimulator, which is carried in a small case. Using a switch taped to her chest, Kipp can turn the stimulator on and off by tapping it with the heel of her hand. Although she's still confined to a wheelchair, the device has made all the difference. "I wanted to be able to go out to dinner and actually hold my glass or pick up a fork," she says. "I wanted what the use of my hands can give me—that precious margin between helplessness and independence."

FES systems are also being developed to allow some paralyzed people to walk again. At the University of Illinois, in Chicago, for example, some of the paraplegic patients now walk almost half a mile a day. Researchers there hope the system will soon obtain FDA approval.

Technology is moving very quickly, adds Joyce Campbell. The next generation is already being manufactured: tiny electrodes that will be injected directly into muscles; patients will signal them with wireless stimulators resembling TV remote controls. By the year 2000, doctors say, many paralyzed people will have fully implantable FES systems that will enable them to climb stairs, and they may even wear FES walking garments that can be slipped on like a pair of tights.

FES is also being used to enable paralyzed men to become fathers. After certain spinal injuries, the muscles cannot contract for ejaculation, says Alan Cohen, M.D., medical director at the Center for Rehabilitation, in Commack, New York. Electrical stimulation can trigger ejaculation, and doctors collect the sperm for artificial insemination.

By the year 2000, paralyzed patients may wear electrical garments that slip on like a pair of tights and allow them to walk.



Effective as it is, FES does have some drawbacks. For one thing, it does not work for the one third of all SCI patients who are injured at or below the waist. That's because lower-body injuries damage not only the spinal cord but the very nerves that FES is designed to stimulate. And some patients who are helped by FES actually find it uncomfortable, and it cannot be used by some patients with heart disorders, including those who have pacemakers. Researchers across the country are trying to develop computerized stimulators that will tackle these problems.

New hope

Drug treatment holds great promise for SCI victims. For example, methylprednisolone, the steroid Denise Shoblom received, is now used to help thousands of patients. Many experts now believe that using the drug is a real determinant in whether a patient will eventually regain the use of her hands, drive a car and, in some cases, walk again.

According to Wise Young, M.D., Ph.D., director of the neurosurgery laboratory at New York University Medical Center, use of the drug is a landmark development. "Earlier, the belief existed that nothing would ever work for people with acute spinal-cord injuries," he says. "Now we know better."

Young and his associates are working with a nonsteroidal drug, which he hopes will be even more effective. "This drug turned out to be so spectacular in the lab," he says, "that it was nicknamed Lazaroid—after the Biblical figure Lazarus who rose from the dead." Other researchers are studying GM1, another medication with the potential to enhance recovery.

Finally, doctors are working on treatments that may provide complete cures. In January 1989, scientists at the Institute for Brain Research at the University of Zurich induced severed nerve cells in rats' spinal cords to regenerate for the first time ever. Now experts think that the process may one day be possible in humans. Although clinical trials are at least several years away, says Margaret Bronstein, Ph.D., research director for the American Paralysis Association (APA), the implications are encouraging indeed.

For some fortunate patients, like Denise Shoblom, many of the promises of the future have already been fulfilled. Almost three years after her accident, she leads an active life. Though she still experiences pain and has regained only a little sensation in her hands and feet, she holds down a demanding job as general manager/vice-president of a radio station in Pittsfield, Massachusetts. She also does volunteer work with other SCI victims, works out regularly with weights and walks three miles each day. And even if she doesn't stride quite as briskly as she did before her injury, each step forward is a reminder of just how far she has already come.

Joy Davidson is a writer based in West Hollywood, California.

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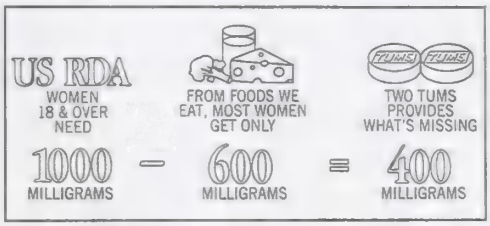
The National Spinal Cord Injury Association, 600 West Cummings Park, Suite 2000, Woburn, MA 01801; 800-962-9629. ■ *The American Paralysis Association,* 500 Morris Avenue, Springfield, NJ 07081; 800-225-0292 (research), 800-526-3456 (injury hotline). ■ *Spinal Network Magazine,* P.O. Box 4162, Boulder, CO 80306; 303-449-5412. ■ *The Miami Project to Cure Paralysis,* 1600 N.W. 10th Avenue, Room R-48, Miami, FL 33136; 305-547-6001.

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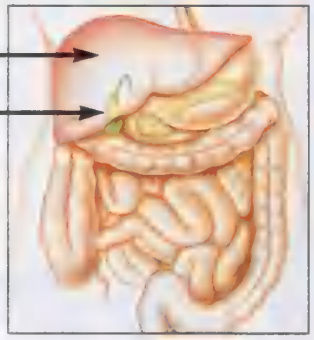
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Stone prone

EXPERTS EXPECT AN INCREASE IN GALLBLADDER DISEASE AS MORE WOMEN HIT MIDDLE AGE. HERE, THE FIRST IN OUR SERIES OF UPDATES ON IMPORTANT MEDICAL TOPICS

Gallstones can be as small as the period at the end of this sentence or as big as a grade A extra-large egg. In either case, they can disrupt digestion, cause pain and require surgery. An estimated twenty million Americans suffer from gallstones, and women are three times as likely to develop them as men.



THE GALLBLADDER, A PEAR-SHAPED SAC ABOUT FOUR INCHES LONG, NESTLES NEXT TO THE RIGHT UNDERSIDE OF THE LIVER

The gallbladder (see diagram), is an organ connected to the liver and the small intestine by two tubes called biliary ducts. The gallbladder can hold up to a cup of a yellowish-green substance called bile (composed of cholesterol, bile acids, and electrolytes), which is needed to break down fat and help the body absorb it. Thus the gallbladder serves as a storage tank, supplying bile (which is produced by the liver) to the intestines after we eat.

Gallstones form when there's too much cholesterol and too little bile acid. The cholesterol then becomes concentrated, clumps together and obstructs the flow of bile.

SYMPTOMS

Gallbladder attacks typically occur shortly after eating, may cause stabbing abdominal pains and be accompanied by nausea and vomiting. The pain usually subsides once a stone passes either back into the gallbladder or into the small intestine.

Persistent pain, jaundice (yellow skin and eyes), chills and high fever can be caused by gallstones that are wedged in the biliary ducts.

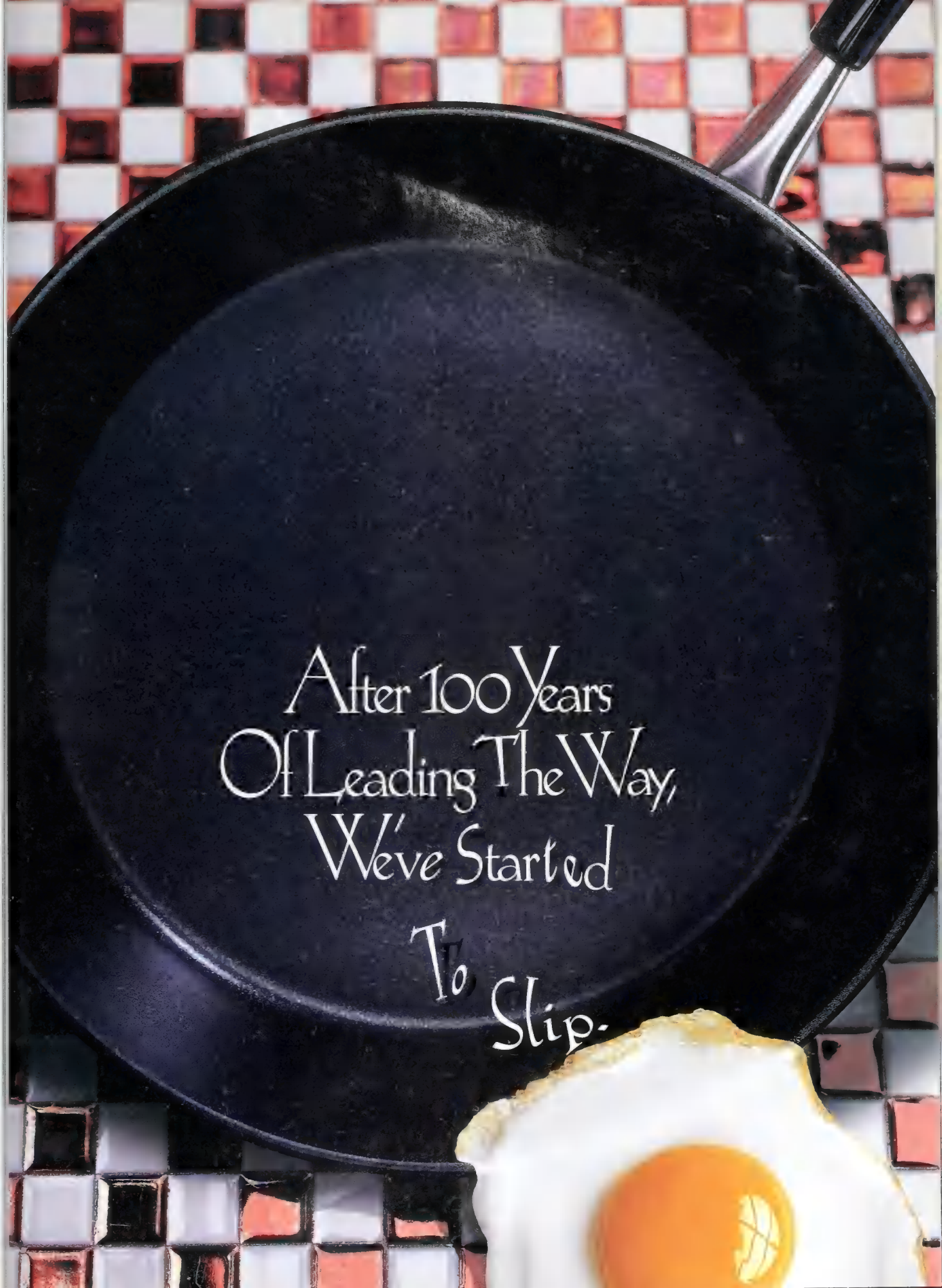
Most gallstones, however, cause no symptoms at all and are detected only when patients are treated for unrelated ailments or when an attack strikes during the eating and drinking festivities on vacations or special occasions. "Generally, gastrointestinal problems crop up when we change our eating patterns," says James Everhart, M.D., of the National Institute of Diabetes and Digestive and Kidney Diseases, in Bethesda, Maryland.

CAUSES

Experts don't know why some people develop gallstones and others do not, though heredity seems to play a primary role. Hormones are another factor: Women are at higher risk than men because the female hormone estrogen increases the cholesterol in bile, explains Paul Fondacaro, M.D., assistant director of surgery at Lenox Hill Hospital, in New York City. Obesity, too, boosts the risk of gallstones: Obese people also tend to have a higher level of cholesterol in their bile.

TREATMENTS

Since only 20 percent to 30 percent of people with silent


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stones develop pain or complications, they are usually not treated. But for those who suffer severely, cholecystectomy—removal of the gallbladder—is the most common treatment. Doctors remove the gallbladder through a five- to eight-inch incision in the abdomen. The duct from the liver is then attached directly to the small intestine, allowing a steady trickle of bile to enter the small intestine. Patients usually stay in the hospital for about four to six days and continue to recuperate at home for up to six weeks.

A newer procedure, called laparoscopic cholecystectomy, is now the operation of choice for most Americans who have their gallbladders removed. "It is one of the most innovative techniques developed in general surgery over the past two decades," says Fondacaro.

This procedure requires four tiny puncture incisions, made in and around the navel. A laparoscope (a thin, telescope-like instrument that allows doctors to peer into the abdomen) is inserted into one of the small incisions. Then, guided by images transmitted to a TV monitor, the surgeon cuts the gallbladder away with a laser or electric current. Since laparoscopic cholecystectomy doesn't involve cutting through major abdominal muscles, most patients stay in the hospital only overnight and are able to return to work within a week. As a result, the overall cost is far lower.

But the procedure is not appropriate for pregnant patients, for the severely obese, or for those with inflamed gallbladders or other medical problems.

NONSURGICAL OPTIONS

Medications that dissolve gallstones are often recommended for older people, or for patients with cardiovascular or lung disease, who are unable to tolerate the general anesthesia needed for surgery. These individuals are most often prescribed the drug Actigall (ursodiol), which gradually dissolves existing stones composed of cholesterol and also reduces cholesterol output from the liver to prevent the formation of new ones.

Actigall does have some drawbacks. It must be taken twice a day for a period of six to twenty-four months and costs nearly $1,500 per year. In addition, it is ineffective against stones that are larger than about three quarters of an inch in diameter or that contain calcium or bile pigments. Moreover, up to half of Actigall patients will have a recurrence of gallstones within five years of discontinuing treatment.

Researchers at various medical centers are investigating methyl tert-butyl ether (MTBE), a solvent that dissolves gallstones, including those that contain calcium. "MTBE, which is pumped in and out of the gallbladder through a catheter, helps dissolve stones fast," says Johnson Thistle, M.D., a researcher at the Mayo Clinic, in Rochester, Minnesota. Since a local anesthetic is used to numb the area where the catheter is inserted, MTBE can be used on patients who cannot tolerate general anesthesia. Side effects of the drug may include nausea and drowsiness.

Another new drug, mono-octanoin (Moctanin), is approved to treat stones lodged in the biliary duct.

PREVENTION

Since people can't alter their genetic makeup, there's no sure way to prevent gallstones. However, many doctors advocate prudent health and dietary practices to keep the digestive system—including the gallbladder—functioning properly. These steps include maintaining a moderate cholesterol level and an appropriate body weight, and eating a low-fat, high-fiber diet. It's also a good idea to eat several small meals rather than one or two larger ones, since frequent feedings ensure that the gallbladder will contract regularly, decreasing cholesterol saturation and thereby inhibiting stone formation. Finally, says Everhart, studies show that fasting for longer than fourteen hours—skipping breakfast, for example—boosts gallstone risk, possibly by inhibiting bile circulation and causing cholesterol to become less soluble. —RUTH PAPAZIAN

Ruth Papazian writes frequently about health, medicine and nutrition.

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Is this woman the best doctor in America?

If you thought health care with a human touch had disappeared, meet Elizabeth Korte, the country doctor who treats patients the old-fashioned way



Butch and Viva Stambaugh and the kids drive eighty miles for their checkups. I delivered all five boys.

BY MICHAEL J. WEISS

Wendi Harrell looks frantic as she cradles her eighteen-month-old son, Christopher, in her arms. The little boy is recovering from thumb surgery and needs his stitches removed. Clutching his teddy bear, he looks terrified and about to cry.

But toddler tears don't faze a pro like Elizabeth Korte. "Let's hear you say, 'Owee,' " she coaxes as she begins to inspect the tiny thumb.

"Ow!" Christopher yelps.

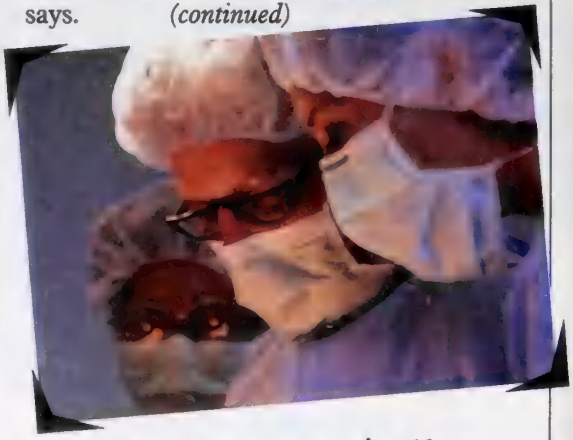
"He doesn't seem to like my work," Korte deadpans. She carefully snips two sutures and caresses Christopher's cheek. "Can you give the bear a hug?" she asks with a smile. "I think he's crying, too."

As a nurse arrives with a pan of soapy water, Korte plops Christopher beside it and then scooches down next to him on the floor. Soon Christopher is splashing happily. Korte smiles and reassures his mom. "Children tend to heal fast."

It's the start of another day for family doctor Elizabeth Korte, of Carthage, Illinois (population, 2,657). By the time she's through, Korte will have dealt with the physical injuries and spiritual woes of young and old alike, living out the dream she's nurtured since she was a little girl who lined up her dolls to give them shots.

In this age of high-tech medicine, Dr. Korte (rhymes with forty) presents a down-home contrast. The fifty-nine-year-old physician still makes house calls and answers emergency calls at home. "With a country practice you do whatever the situation requires," Korte says.

(continued)



I'm all concentration during surgery till it's time to sew up. Then I like to talk about my family

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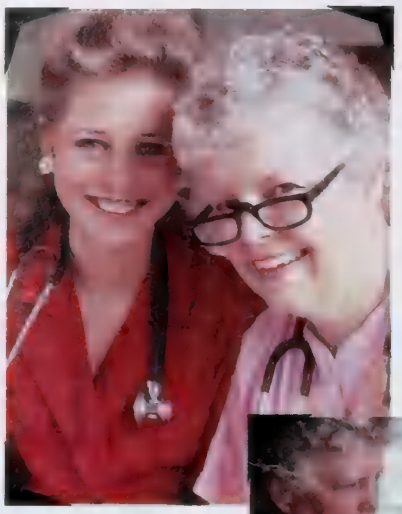
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Her dedication hasn't gone unnoticed by her peers. In 1990, the seventy-one-thousand-member American Academy of Family Physicians named Korte physician of the year. "She's the embodiment of the rural family physician," says Kenneth Whittington, M.D., a board member of the academy. "She has a genuine love for her patients, and they feel the same way about her."



Brooke Alexander, a pre-med student intern, will join me in practice in a few years. I like to encourage young women in medicine.

In the last thirty years, as more and more doctors have decamped to cities for higher pay and shorter hours, some rural practitioners like Korte have felt their work load increase dramatically. As one of only four doctors serving a rural corner of Illinois with a population of twenty-one thousand, Korte must be general practitioner and specialist, able to handle any emergency. Sixteen-hour shifts are not uncommon.



My office has never run on schedule – I spend as much time talking with patients as they need.



I like to get at eye level with my patients – even if it means ending up on the floor.

Even then the day isn't always over. Korte has driven to the hospital in a nightgown for a midnight delivery and removed beans from a mischievous child's ears on Thanksgiving Day.

But she's doing what she always wanted to do, with her family's loving support. Her husband, Alan, an English professor and photographer, and her three children cheerfully adapted to Korte's erratic schedule and the fact that for many years she ran her practice right out of their home. Son Jeff, sixteen, the only child still at home, jokes, "I used to call her Dr. Korte during the day and Mom at night."

Korte's dedication may be old-fashioned, but her medicine is not—she avidly keeps up with the latest advances. She was the first in her area to use streptokinase, for example, a state-of-the-art clot-dissolving agent. She'd attended a lecture on the drug, and the next morning used it to save a woman's life. Korte calls such survivors "my pride and joy."

She's been a pioneer in other ways, too. When Korte started medical school at the University of Iowa in 1955, medicine was largely a male fraternity. Out of ninety-five graduates in her class in 1959, only two were women. "I had to argue with the admissions officer because I wanted to be a doctor and get married," she says.

To her patients, however, her most memorable quality is kindness. "She never treats you like a number," says devoted patient Viva Stambaugh. Unlike a lot of doctors who cultivate an air of authority, Korte dresses informally and jokes with her patients. To the delight of youngsters, she'll don a pair of Day-Glo sunglasses and goofy socks.

Having settled in Carthage in 1969, she knows three generations of many families and has treated a number of adults since they were children. When a forty-year-old woman comes in, Korte asks about any suspicious moles on her children, recalling that the woman's father had died of malignant melanoma. "A lot of family histories are in my head," she says.

Korte now devotes more time to gerontology. "Many older people don't want to be a burden," she says, "and they want to die in peace."

Korte had such a case in Harry Spear, a seventy-four-year-old retired Air Force officer, frail and gaunt from cancer. After completing rounds one day, Korte headed out to make a house call. Korte was managing Spear's terminal care according to his wishes: no respirator, no more medication than necessary, no extraordinary measures. "Your goal is to help the patient live comfortably," Korte says.

Once inside Spear's century-old farmhouse, Korte greeted him with a pat on the shoulder, checking his vital signs and the progress of his tumor. She engaged him in small talk, about his farm, his children and his cats. She admired the geraniums in his garden. Then she gave him a farewell hug and promised to stop by in a few days.

A week later, Harry Spear died. He was home in his bed as he wished, surrounded by his family, his hand held by his family physician and friend. She wept with the rest of the family. "I knew what would happen," she says, "but that doesn't stop me from breaking up inside."

Korte doesn't have much time for leisure. "I've missed more school plays and social dinners than I can count," she says. She now juggles her schedule so she can see more of Jeff and makes sure to attend his basketball and football games—"in case he breaks any bones," she says, jokingly.

There have been other tradeoffs as well. Korte has usually earned only one half to two thirds the national average for physicians, which stands at $156,000. Still, Korte has a number of patients on whose chart she writes "no charge." "I know I'm one of the medical dinosaurs," she says, "but I have no intention of changing." Or retiring, for that matter. In a few years, Korte will be sharing her practice with a young physician. That's not so she can take up golf, however; she plans to join medical teams in third-world countries. "When I was young, I harbored a secret desire to be a missionary," she confides. Then she makes a declaration that anyone in Carthage could verify: "My practice is my mission in life."

Michael J. Weiss is a contributing editor of Ladies' Home Journal.

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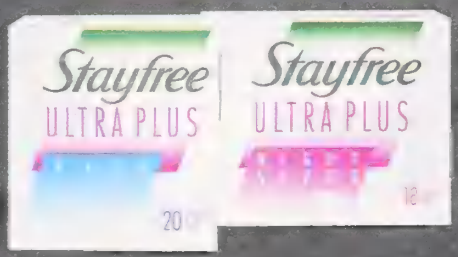
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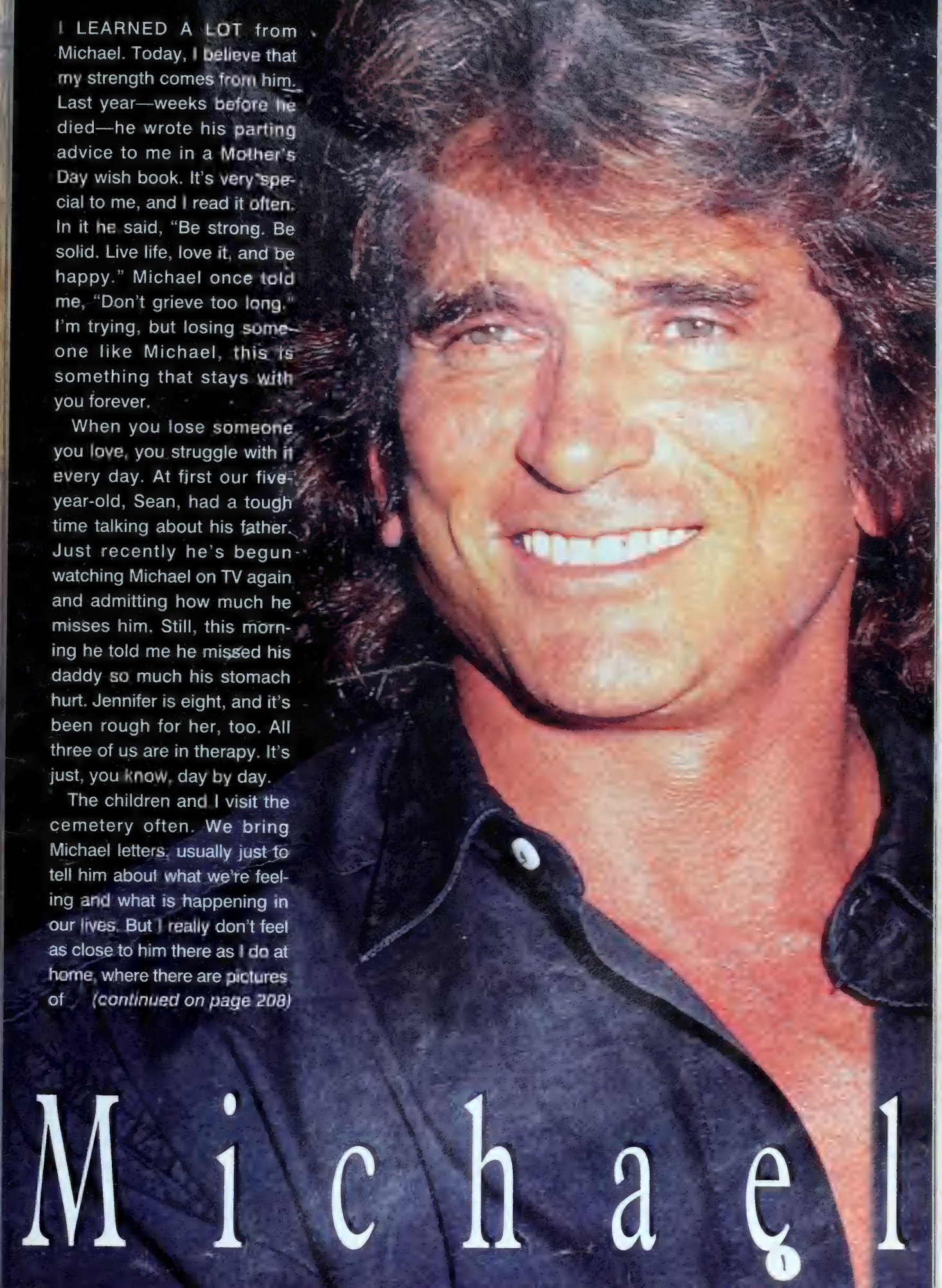
Designed To Stop Accidents Before They Start.

© McN-PPC 1992



It's been almost a year since Michael Landon, one of TV's most beloved stars, died at the age of fifty-four. Here, his widow tells how the family has tried to move beyond their grief while honoring his memory.
By Cindy Landon, as told to Kathryn Casey

Life without



I LEARNED A LOT from Michael. Today, I believe that my strength comes from him. Last year—weeks before he died—he wrote his parting advice to me in a Mother's Day wish book. It's very special to me, and I read it often. In it he said, "Be strong. Be solid. Live life, love it, and be happy." Michael once told me, "Don't grieve too long." I'm trying, but losing someone like Michael, this is something that stays with you forever.

When you lose someone you love, you struggle with it every day. At first our five-year-old, Sean, had a tough time talking about his father. Just recently he's begun watching Michael on TV again and admitting how much he misses him. Still, this morning he told me he missed his daddy so much his stomach hurt. Jennifer is eight, and it's been rough for her, too. All three of us are in therapy. It's just, you know, day by day.

The children and I visit the cemetery often. We bring Michael letters, usually just to tell him about what we're feeling and what is happening in our lives. But I really don't feel as close to him there as I do at home, where there are pictures of *(continued on page 208)*

Michael



SUZANNE SOMERS
survivor

Once victimized by her father's alcoholism and abuse, and all but banished from TV, Suzanne Somers has reemerged with a successful sitcom and a book about conquering childhood pain

BY JEFF ROVIN

Curled up in a chair on the veranda of her Malibu beach home, Suzanne Somers is looking tan and, yes, Thighmaster-trim. Asked to sum up the changes that have occurred in the decade since she played ditzy Chrissy Snow on *Three's Company*, she replies, "People used to joke that I had two assets. Well, they were right. I do." She pauses, glances down at her formidable chest and then looks back up with a gotcha! grin. "I have a deep, deep hunger for growth," she says sweetly, "and a desire to communicate what I learn, whether it's through acting, singing or writing."

Dressed in a floral crepe jumper, black spandex bodysuit, and black cowboy boots, forty-five-year-old Suzanne doesn't exactly hide her other assets. But things *are* different today, as she's so quick to point out: She's no longer considered just another dumb blond bimbo. Now she has a new hit TV series, *Step By Step*—a sort-of *Brady Bunch* update—as well as thriving careers as both a nightclub entertainer and author. Her work includes two books of poetry and her best-selling autobiography, *Keeping Secrets* (Warner Books, 1988), a chronicle about being raised as a child of an alcoholic parent that was made into a well-regarded TV movie early this year. Coming this fall is *Wednesday's Children* (Putnam), a book profiling other celebrities raised in dysfunctional homes.

Personally, Somers says her relationship with Alan Hamel—her husband of fifteen years as well as her manager—couldn't be better; she's also very close to her son, Bruce, a twenty-seven-year-old TV director, and Alan's two grown children from a previous marriage, Leslie, twenty-five, and Stephen, twenty-eight.

"I am where I always wanted to be," she says contentedly. She adds, however, that it's not where she ever *expected* to be.

During the early part of her career, when she was a struggling actress, Suzanne was more than happy to be treated as a sex kitten. A single mother, she was more preoccupied with making ends meet than with making men respect her. She had become pregnant while still in high school in San Bruno, California, and married her sweetheart, Bruce Somers, Sr., in 1965—only to

(continued on page 206)

the sexually assertive woman

Make no mistake, the shy good girl is gone forever. Here, in one of our most intimate reports, a look at how women are redefining sexual relationships. By Susan Crain Bakos

When thirty-eight-year-old Sallie* went to her husband Jim's company picnic, she felt [illegible] were the main dish. "Sweet, bright young things in tiny clothes were fawning all over him," says Sallie, a mother of two in Houston. But instead of getting upset or simply retreating, Sallie asserted herself. "When we got home, I put the kids to bed and asked him to take a shower with me. I made love to him like I'd never made love to him before, with the water cascading over us. Since then, I've been an aggressive lover. I don't ever want him to think he can't be happy at home."

Like Sallie, more and more women across the country are taking charge of their love lives. "Women are more sexually assertive than they were ten or fifteen years ago—they are more comfortable with their own sexuality," says Herb Goldberg, Ph.D., a Los Angeles sex therapist and author of several books on the subject. "This is particularly true once they are in a relationship. Even women who do not overtly initiate sex with their husbands or lovers do it in subtle *(continued)*

*Names and identifying details have been changed.



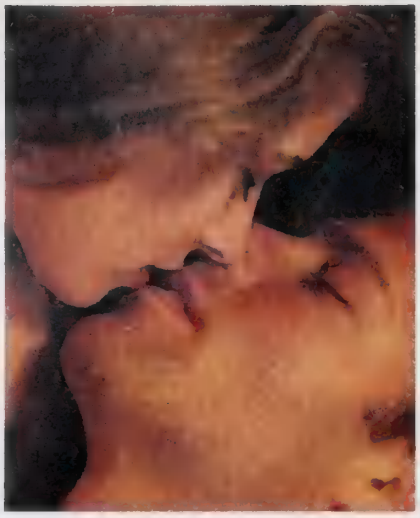
(continued) ways. They have a conscious sexual agenda."

Experts report that such behavior is increasingly frequent in women of every age and marital status. While the fear of AIDS has curtailed the overall rate of promiscuity, and single women now choose partners very carefully, they still have more partners than they did twenty years ago. Ironically, the disease has even made women more open about their sexual intentions: Increasing numbers now buy and carry condoms. Married women are also more sexually active now—and not always with their husbands. Some studies show that as many as 40 percent of wives are unfaithful, which means they are as likely to stray as men. And teenagers may be the boldest of all: Psychologists and school counselors say adolescent girls are chasing teenage boys, with a vengeance.

"The facts indicate that female sexual behavior has changed more than male sexual behavior in the last few decades," says June Reinisch, Ph.D., director of the Kinsey Institute, in Bloomington, Indiana. "Women are more assertive in fulfilling their sexual needs."

The new sexual reality

Why have women become more aggressive? Money, for one thing; now that more than half of all females work outside the home, they're less dependent on men financially and feel more in charge of all aspects of their destinies. "Economic power changes the balance of personal power in relationships in everything from who does the dishes to how and when couples have sex," says Pepper Schwartz, Ph.D., professor of sociology at the University of Washington, in Seattle, and co-author of *American Couples* (Pocket Books, 1985). Contraception is also widely available and reliable, and condom use—the essential component of safer sex—is up 25 percent among women who use contraceptives, according to the Alan Guttmacher Institute, the reproductive-health research organization in New York.



"Women have changed," says one man. "They no longer wait for men to choose them. They're doing the choosing, and it's flattering to be chosen."

Nor do so many social barriers to sex remain. As the median age of Americans has risen, the average woman has become someone in her thirties who's most likely been sexually active since her teens, and the average man expects her to have at least some experience in the bedroom. In fact, celibacy is so far from the norm these days that unmarried women who practice it are likely to turn up on TV talk shows, explaining why.

Today's pop culture reinforces the image of the woman who knows what she wants in bed—and how to get it. In books, movies and on TV, our role models are no longer the sweet young things of yesteryear but no-holds-barred dynamos like Madonna and Cher. Men, even ordinary ones, are pursued by this kind of woman: The balding, pudgy, middle-aged hero of Scott Turow's last best-seller, *The Burden of Proof*, found himself lusted after by at least four attractive females. And in *Vox*, the hot novel by Nicholson Baker, a seemingly normal woman spends hours on the phone discussing sex with a stranger. NBC's *Sisters* begins each week with four towel-clad siblings in a steam room, discussing their husbands and lovers and comparing orgasms.

"Women have changed," says Allen, forty-five, a computer consultant in Chicago who's recently divorced. "They no longer wait for a man to choose them. They're doing the choosing, and it's flattering to be chosen."

How far is too far?

But in this new era of sexual freedom for women, uncertainties still lurk. Many people—both women and men alike—find sexual frankness inappropriate at best, immoral at worst. A lot of married women, of course, view female aggressors with anger and alarm—after all, they're going after their husbands. And even some of the sexually outspoken themselves feel uncomfortable doing the pursuing.

The group that appears to have stepped farthest over the line of propriety is teenage girls. When advice columnist Ann Landers published letters last year from mothers whose sons were being propositioned, she received twenty thousand letters from outraged parents with similar stories. "Girls seem desperate to connect," says a high school guidance counselor in a small, conservative Midwestern town, "and they use sex as the connection." Adds therapist Goldberg, "Young women who are emotionally needy but don't know how to engage the man verbally or emotionally approach him sexually." Such

(continued on page 203)

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Kibbles 'n Bits™ LEAN.



30% less fat* and the great taste dogs lean toward.

Introducing Kibbles 'n Bits™ Lean. It's 30% leaner in fat than the leading dry dog food. And it has all the great taste of Kibbles 'n Bits. In fact, dogs prefer the taste of Kibbles 'n Bits over the leading dry dog food 2 to 1. See if your dog isn't inclined to agree. New Kibbles 'n Bits Lean—the taste dogs are leaning toward.

*Than the leading dry dog food.

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The maxx for the minimum.™

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STYLE

The best of summer

BRIGHT ON BRIGHT, SLIM CIGARETTE PANTS . . . JUST TWO NOTEWORTHY TRENDS THAT SET THE TONE THIS SEASON: FEMININE, CURVE-DEFINING, INFINITELY FLATTERING.

BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR



All photos, J. Hill. Makeup this page, Agostina, all hair, Daniel Howell, both for Celestine L.A. Model, Robin Raasch of Spectrum; shirt, Equipment; pants, Benetton; shoes, Stuart Weitzman; belt, Ann Taylor; scarves, Honey Collection; tote, Walborg.



SKIRTS THAT PLAY UP THE LENGTH OF LEGS ARE SUMMER ESSENTIALS. THIGH-HIGH SLITS GIVE LONG VERSIONS A BREEZY FRESHNESS. TOP WITH A SLIM-FITTING SWEATER FOR A LEAN, STUNNINGLY SIMPLE LOOK. ONE GREAT CHOICE FOR SHORT TAKES: AN EASY SARONG IN A WESTERN-INSPIRED BANDANNA PRINT. PAIRED WITH A ROOMY WHITE COTTON SHIRT, IT LENDS THE KIND OF LAID-BACK APPEAL THAT SUMMER IS ALL ABOUT.

Above: sweater, Anne Klein II; skirt, Calvin Klein Sport; mules, Unisa; model, Lisa Hicks of Prima L.A.; makeup, Lutz for Prima L.A. Right: shirt, Guess; sarong, Silk Club; sandals, Sam & Libby; glasses, Eyevan by Oliver Peoples; scarf, Honey Collection; model, Sky Nellor of Prima L.A.; makeup, Agostina for Celestine L.A.


The best of
summer


The best of
summer



THE FIFTIES ARE REDEFINED IN TWO LOOKS WE LOVE. A SLEEVELESS DENIM SHIRT AND GRACEFUL CAPRIS GET A DOSE OF NINETIES HIPNESS WITH SEXY BLACK SHADES AND BALLERINA FLATS. ABOVE, THE CLASSIC SHIRTDRESS, UPDATED: A SLOUCHY TOP AND A FLARED SKIRT THAT'S MEANT TO BE UNBUTTONED. ROLL UP THE SLEEVES, OPEN THE NECK—IT OFFERS THE TOSS-ON EASE OF A MAN'S SHIRT WITH A FEMININE ATTITUDE.

Left: shirt, Sam & Libby; capris, Laura Ashley; shoes, Hirica for French Sole; sunglasses, Mikli; scarf, Honey Collection. Above: dress, OMO Norma Kamali; shoes, Hirica for French Sole; makeup these pages, Lutz for Prima L.A.


The best of
summer



SPARE, SNUG LITTLE BODY SWEATERS ARE MAKING A MAJOR STATEMENT. (YOU'VE GOT TO BE IN PRETTY SOLID SHAPE TO PULL THESE OFF, BUT THE SEXY RESULTS ARE WORTH IT.) OPT FOR MOCK TURTLES, IN SHORT OR SLEEVELESS VERSIONS—THEY'RE BEST WITH FLIPPY PLEATED SKIRTS OR SAME-COLOR JEANS. TWO MORE TRENDS TO KEEP IN MIND: SUBTLY SHIMMERY METALLICS ARE HOT, AND A PALE, SUMMERY SHADE OF BANANA HAS NEVER LOOKED MORE DELICIOUS.

Left: bodysuit and belt bag, Benetton; skirt, Ina Soltani; belt, Coach; mules, Rene Caty; hat, Eric Javits; earrings, Carolee; makeup, Lutz for Prima L.A. Above: mock turtle, 525; jeans, Seth & Lucy; shoes, Larry Stuart; belt, Hat Attack Belts; tote, Gucci; sunglasses, Anne Klein for Riviera; makeup, Agostina for Celestine L.A.



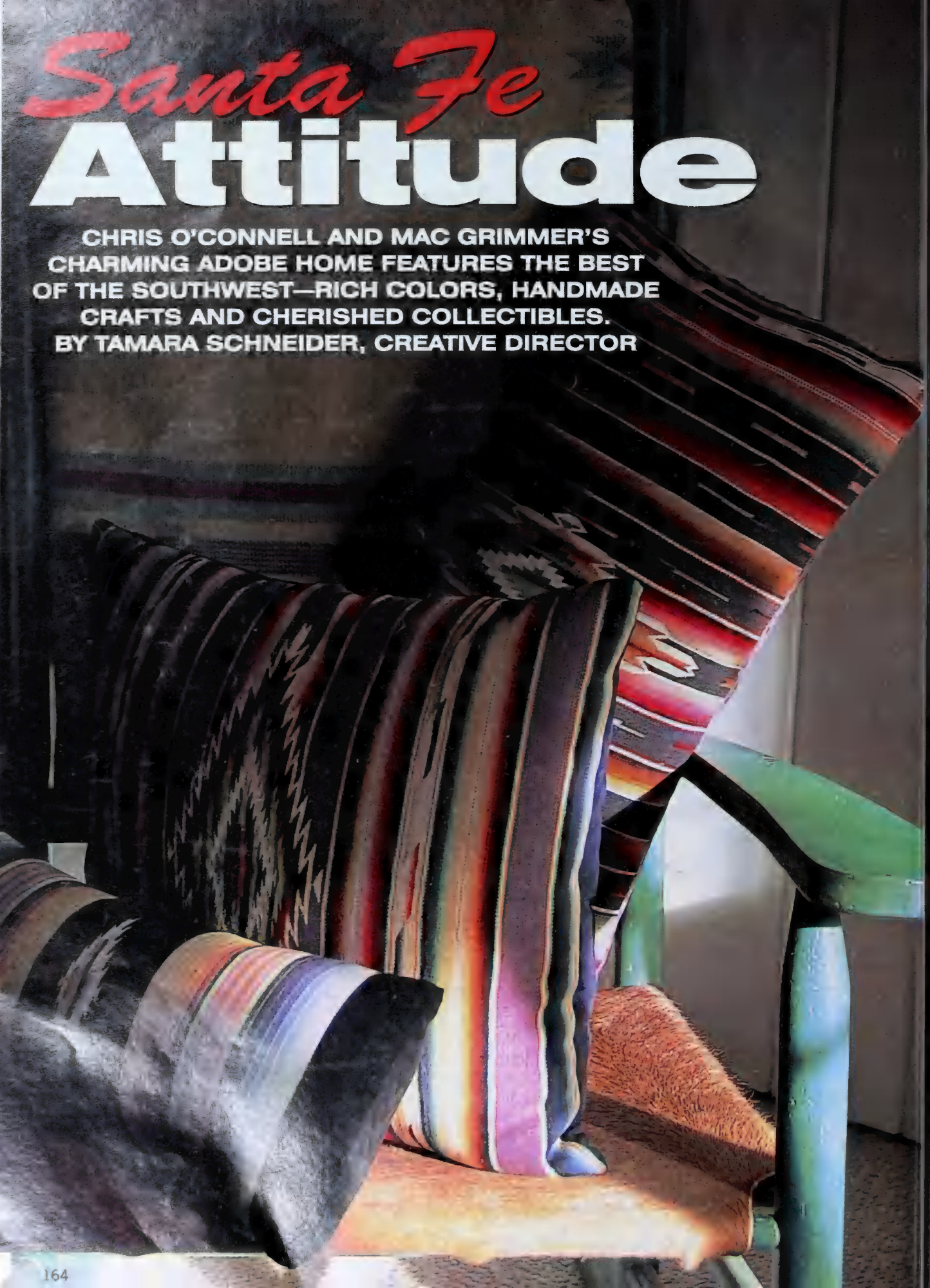
A PAIR OF STAND-OUT OPTIONS THAT SUIT THE DAY AND BECOME THE NIGHT. NAVY AND WHITE STRIPES ARE A SUMMER STANDARD, NATURALLY, BUT IN A GLOVE-TIGHT, SCOOP-NECK BODYSUIT TEAMED WITH A LONG BLACK SLIT SKIRT, THEY LOOK ANYTHING BUT PREDICTABLE. EQUALLY UNEXPECTED, A TAILORED, DOUBLE-BREASTED PANTSUIT IN *PINK*, RIGHT. WORN WITH A BRA TOP OR BODYSUIT (OR NOTHING AT ALL) AND STRAPPY HIGH HEELS, IT'S A BOLD APPROACH TO A SUMMER THAT'S BOUND TO SIZZLE.

Left: bodysuit, DKNY; skirt, Elisabetta Rogiana; sandals, Manolo Blahnik; makeup, Agostina for Celestine L.A. Right: pantsuit, Benetton; shoes, Robert Clergerie; sunglasses, Anne Klein II for Riviera; model, Clare Hoak of Click L.A.; makeup, Lutz for Prima L.A.


The best of
summer

Santa Fe Attitude

CHRIS O'CONNELL AND MAC GRIMMER'S CHARMING ADOBE HOME FEATURES THE BEST OF THE SOUTHWEST—RICH COLORS, HANDMADE CRAFTS AND CHERISHED COLLECTIBLES. BY TAMARA SCHNEIDER, CREATIVE DIRECTOR





ABOVE: STARK, SIMPLE SPACES WITH WARM ACCENTS OF COLOR, LIKE THIS DINING ROOM, ARE CLASSIC SANTA FE. LEFT: A WIDE-ARM PAINTED TURQUOISE ROCKER SHOWS OFF A COLLECTION OF BRIGHTLY WOVEN SALTILLO PILLOWS

Santa Fe Attitude



THE MASTER BEDROOM IS TRULY A REFUGE AND AN EXAMPLE OF WHAT MAKES SANTA FE SO UNIQUE: VIBRANT COLOR, TEXTURE AND DESIGN



CHRIS AND MAC, WITH FOUR-YEAR-OLD PILAR AND THE FAMILY DOG, EYSHA, LOVE SANTA FE'S NATURAL BEAUTY AND RICH, DIVERSE HISTORY



Chris O'Connell discovered Santa Fe while visiting a friend six years ago and fell in love with the place. She was so entranced, she decided to stay for good. Such a reaction is not surprising. The New Mexican city is indeed irresistible: an oasis surrounded by majestic landscapes and washed with the rich colors of the earth. Distinctly influenced by its Native American and Spanish heritage, Santa Fe is foremost an artists' haven—its streets are chockablock with quaint shops and art galleries.

A weaver and artisan, Chris opened a crafts shop in the center of town, just down the road from Mac Grimmer's art gallery. They met, married and started building a life and a home together. Located just outside of town, their traditional adobe house reflects their great appreciation for hand-crafted treasures, the purposeful use of open space and the decidedly casual appeal that represents the Santa Fe attitude.



Throughout the house are elements of Southwestern style: The elegantly spare dining room is set off by a peeled-log-beam ceiling and a long wooden plank table. Sleek black-leather chairs make the room both rustic and modern. In the master bedroom, left, the bed is a stylish focal point, with a dazzling mix of patterned sheets designed by Chris for Martex. The woven "Noche" print is Santa Fe in color and design. The special fabric, a Trevira/cotton blend, keeps sheets wrinkle free.





At right, more striking examples of how the use of natural wood and simple furnishings let colorful accents stand out: In daughter Pilar's room, an antique painted turquoise bed gets updated with feminine florals, another easy-care Trevira/cotton sheet by Martex. A menagerie of stuffed animals keeps the room whimsical; the basic black-and-white kitchen makes flowers look especially vibrant; a hutch becomes an unexpected showplace, with Native American portraits and geometric urns; hand-tooled silver-and-turquoise boxes uniquely accessorize a table; a wooden bench provides a perfect place to park your hat.



It's no wonder Chris and Mac's home is so appealing; it reflects what Santa Fe is all about—warmth, creativity and contemporary style. —SUSAN SWIMMER

Photos, Tony Kent. Stylist, Nathalie Kent. All sheets by Martex, a division of Westpoint Pepperell. Authentic Native American artifacts from the Morning Star Gallery, Ltd., Santa Fe.

If you're not barbecuing with Lawry's, you're missing something.



Pure wildflower honey. Gathered from the deserts of the Southwest. Its sweet taste and satiny smoothness skillfully blended with other savory ingredients. Including tangy dijon mustard. And a snap of cinnamon.



A daringly original way to barbecue meat, poultry and fish. Destined to become your favorite. Our Sweet & Sour Barbecue Sauce is equally capable of firing up an appetite. Lawry's. One taste and you'll know what you've been missing. LAWRYS

Lawry's® Dijon & Honey Barbecue Sauce. The difference is delicious.

FOOD JOURNAL

CRAZY FOR CHEESECAKE

UNEXPECTED FLAVORS MAKE OUR VERSIONS OF THIS CLASSIC MORE IRRESISTIBLE THAN EVER





SPRING CHICKENS

NEW, DELICIOUS, SUPER-FAST WAYS TO COOK UP A DINNER FAVORITE



THE LOWDOWN ON LOW FAT

HOW THREE WOMEN LEARNED TO TRIM THE FAT FROM THEIR FAMILIES' DIETS, PLUS OUR OWN HEALTHY LOW-FAT RECIPES



WE'VE COOKED UP A HOST OF SURPRISING NEW WAYS FOR YOU TO SERVE THAT VERSATILE FAMILY FAVORITE. OUR FLAVORFUL, LIGHT, JUST-RIGHT-FOR-SPRING ENTRÉES ARE SIMPLY PREPARED AND SPEED TO YOUR TABLE IN THIRTY MINUTES (OR LESS)

Spring chickens



Grilled Chicken Caesar



"Father, Forgive Them"

Shown smaller than actual
diameter of 8½ inches
Rimmed in platinum
©1991 W. S. George

A reflection of His divine grace . . . a Bradford Exchange recommendation



It is the greatest subject in Western art. And Spanish master José Fuentes de Salamanca's reverent portrait is at once familiar and inspiring, dramatically conveying both the human agony and the divine love etched in the Lord's face as He bows his head in pain and prayer. "Father, Forgive Them" is a major new work for the limited-edition plate medium, elegantly rimmed in platinum. It's available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Father, Forgive Them" is an important first issue." the first plate in the *Images of Christ* collection from W. S. George Fine China, an affiliate of the Bradford Exchange.

It's an impressive work of art, an expert re-creation of the inspiring pen-and-ink original by artist José Fuentes de Salamanca. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Father, Forgive Them" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and twelve foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought "The Nativity," Plate Four in the Fairmont DeGrazia Holiday series, at $50.00 – a plate that now trades at $120.00.* More recently, if you had acquired "Led by the Star," an exceptional Biblical-theme plate from Morgantown Crystal's The Star of Bethlehem series, you would now own a plate already valued at nearly two times its 1990 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. Right now, Bradford Exchange analysts rate "Father, Forgive Them" as one of the year's top prospects . . . and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Father, Forgive Them" at its $29.50 issue price—backed by our 365-day guarantee—simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Father, Forgive Them" is now—*before* it has a chance to increase in value.

*Reflects last trades on the exchange reported in the Bradford Exchange Market Report Volume III-8.

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A BRADFORD EXCHANGE RECOMMENDATION APPROVED

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Please respond by: May 31, 1992

Please enter my order for "Father, Forgive Them." I understand I need SEND NO MONEY NOW. I will be billed $29.50, when my plate is shipped. *Limit: one plate per order.*

Signature _____ ( ) _____ Telephone

Mr. Mrs. Ms. _____

(Circle One) Name (Please Print Clearly) _____

Address _____

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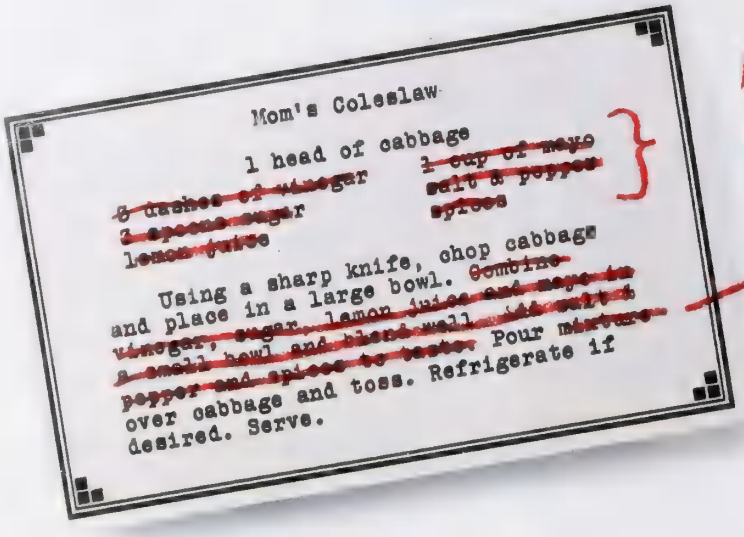
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Plus a total of $3.49 postage and handling, and sales tax where applicable. Pending credit approval.
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Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

Our new
~~The~~ recipe for great homemade coleslaw.



1 cup Hidden Valley Ranch Cole slaw Dressing

dressing

Spring chickens

continued from page 171

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

Beginning with this issue, we will feature a monthly menu with a theme, including a wine suggestion, using recipes from our Food Journal pages. This month, we've created a spring party menu that's elegant and easy: a purchased appetizer, a pasta entrée that can be made in less than thirty minutes, and a do-ahead dessert.

Menu

Prosciutto with melon
Chicken Pasta Primavera
(recipe on page 179)
Tossed green salad with vinaigrette
Crusty bread
Tirami Su Cheesecake
(recipe on page 182)
Pinot Grigio (white wine)
Coffee or tea

SOUTHERN BUTTERMILK CHICKEN



BUDGET RECIPE OF THE MONTH *Remember fried chicken with cream gravy? This skillet chicken has the same great flavor, without all the calories.*

Prep time: 10 minutes ○
Cooking time: 25 to 30 minutes

4 large chicken thighs (about 2 lb.)
Salt and freshly ground pepper
1/4 cup all-purpose flour
2 tablespoons vegetable oil, divided
1 1/4 cups buttermilk
4 bunches green onions, cut into 3-inch pieces

Combine chicken, 3/4 teaspoon salt, 1/4 teaspoon pepper and the flour on large plate; toss lightly to coat. Heat 1 tablespoon oil in large skillet over high heat. Add chicken and cook until golden on all sides, 5 to 8 minutes. Remove chicken, discarding excess oil. Return skillet to heat and add buttermilk, scraping pan w wooden spoon to loosen any brown b Add chicken, skin side up. Reduce he cover and simmer until chicken is ten and juices run clear, 15 to 20 minutes.

Meanwhile, heat remaining oil in anc er skillet over high heat. Add green oni and toss to coat. Cook until golden, 2 t minutes. Season to taste.

Transfer chicken and green onions warm serving platter. Pour remaining jui into blender and pulse until smooth. Se with chicken. Makes 4 servings.

Per serving		Daily goal
Calories	535	2,000 (F), 2,500 (M)
Total fat	35 g	60 g or less (F); 70 g or less
Saturated fat	9 g	20 g or less (F); 23 g or less
Cholesterol	154 mg	300 mg or less
Sodium	773 mg	2,400 mg or less
Carbohydrates	18 mg	250 g or more
Protein	37 g	55 g to 90 g

WARM CHICKEN SALAD WITH GOAT CHEESE



Have all the ingredients ready before

New Coleslaw Dressing from Hidden Valley Ranch. It makes rich, creamy coleslaw deliciously easy. Just pour it over sliced cabbage and toss. So easy. For a change of pace, add shredded carrots. Or raisins. Or red cabbage for color. Or all of the above. It's easy to give coleslaw your special touch with our new Coleslaw Dressing.



© 1992 The HVR Co.

start to cook, so the chicken is still warm when you serve it on the cool, crunchy salad greens—the intriguing contrast enhances the flavor.

Prep time: 20 minutes ▽○
Cooking time: 6 minutes

4 cups torn Boston lettuce
2 1/2 cups torn radicchio
3 cups arugula
1/2 cup crumbled goat cheese
3 tablespoons extra-virgin olive oil, divided
1 pound boneless, skinless chicken breast, cut into 1/2-inch strips
1/3 cup sliced shallots
1/3 cup walnut pieces
1 teaspoon salt, divided
1/4 teaspoon freshly ground pepper
1/8 teaspoon thyme
3 tablespoons red wine vinegar

Combine lettuce, radicchio, arugula and goat cheese in large salad bowl.

Heat 2 tablespoons oil in large skillet over high heat. Add chicken, shallots, walnuts, 1/2 teaspoon salt, and the pepper and thyme; cook, stirring frequently, until chicken is just golden, 5 minutes. Transfer chicken to salad. Add remaining 1 tablespoon oil, the vinegar and remaining 1/2 teaspoon salt to hot skillet and stir. Pour over greens and toss well. Serve immediately. Makes 4 servings.

Per serving		Daily goal
Calories	390	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	66 mg	300 mg or less
Sodium	925 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	34 g	55 g to 90 g

OVEN-FRIED CHICKEN BOMBAY



Boneless chicken thighs have become more available, to answer the demand for quick-cooking chicken products. Pounded to a uniform thickness, our Indian-spiced chicken cooks up fast and crispy, then cools down with a refreshing yogurt sauce.

Prep time: 15 minutes ▼▽○
Cooking time: 17 to 20 minutes

1/2 cup plain dry bread crumbs
1 tablespoon butter or margarine, melted
4 large boneless, skinless chicken thighs (about 2 lb.)
1 teaspoon paprika
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon salt
1/4 teaspoon ginger
1/8 teaspoon ground red pepper
Half of 1 fresh lemon

Yogurt Sauce
1 container (8 oz.) plain low-fat yogurt
1/2 cup fresh cilantro leaves
1/4 cup fresh mint leaves
1 teaspoon fresh lemon juice
1/4 teaspoon salt
Pinch ground red pepper

Steamed rice

Preheat oven to 425°F. Combine crumbs and melted butter in small bowl; toss to combine. Set aside.

Between two sheets of wax paper, pound chicken thighs lightly 1/2-inch thick. In small bowl, combine paprika, cumin, coriander, salt, ginger and red pepper. Rub mixture on both sides of each chicken piece. Lightly squeeze a few drops of lemon juice over each piece, then dip into crumbs to coat both sides evenly, patting if necessary. Place on cookie sheet and bake 17 to 20 minutes, until juices run clear. Serve with Yogurt Sauce and steamed rice. Makes 4 servings.

Yogurt Sauce: While chicken is baking, combine all ingredients in blender; puree just until smooth. Makes about 1 cup.

When it comes to fat, today's pork cuts it.

Today's pork is 31% leaner than just ten years ago. Good news for those of you concerned about fat. Pork has cut calories and cholesterol, too. In fact, now it has 14% fewer calories and 10% less cholesterol than before.

But one thing hasn't been cut. The taste. Pork adds a great flavor to just about every kind of dish. It trims cooking time, too. Broiled Teriyaki Chops take under 20 minutes to make and an hour to marinate.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



Broiled Teriyaki Chops.

(Serves 4) Cal: 186, Fat: 6.9 gm., Chol: 70



Combine 2 T. Teriyaki sauce. 1 each brown sugar and minc green onion, and 1 t. lemon juic



Marinate four, 1 in. thick, bo less pork chops in mixture, refrigerator, 1-2 hours. Remc keep marinade.



Place chops on broiler rack. E 5-6 in. from heat 12-15 min. Br with marinade. Turn once.



You'll know they're perfe cooked when a meat thermo ter inserted registers 160°.

pork®

The Other White Meat

America's Pork Producers

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pring chickens

ontinued

er serving		Daily goal
alories	385	2,000 (F), 2,500 (M)
otal fat	13 g	60 g or less (F); 70 g or less (M)
aturated fat	5 g	20 g or less (F); 23 g or less (M)
holesterol	200 mg	300 mg or less
odium	766 mg	2,400 mg or less
arbohydrates	14 mg	250 g or more
otein	49 g	55 g to 90 g

F.Y.I.

No more chicken little

The facts are in—America is becoming a nation of chicken lovers. According to industry sources, in 1991 we consumed seventy-six pounds of chicken per person and sixty-three pounds of beef; in 1986 we ate only fifty-seven pounds of chicken and seventy-eight and a half pounds of beef. More than half the chicken we buy is parts. The most popular: boneless, skinless breasts and wings. The cut on the rise? Boneless, skinless thighs—they're a lot less expensive than boneless breasts, and they're even more flavorful.

HICKEN PASTA PRIMAVERA



e classic primavera was first served at e elegant New York City restaurant Le rque. Since then, it has been widely dapted as a popular pasta entrée. This arty version adds chicken and omits the matoes.

ep time: 10 minutes ▼○
ooking time: 15 minutes

tablespoon vegetable oil
pound boneless, skinless chicken breast, diced in 1-inch pieces
teaspoon salt
2 cup finely chopped onion
can (13 3/4 or 14 1/2 oz.) chicken broth, defatted*
3 teaspoon tarragon
2 pound asparagus, cut into 1-inch pieces
4 cup heavy or whipping cream
4 pound snow peas, trimmed
cup frozen baby peas
1 teaspoon grated lemon peel
ackages (9 oz. each) fresh fettuccine noodles, cooked
2 tablespoons snipped fresh chives

Heat oil in large skillet over high heat. Add chicken; sprinkle with salt and cook, stirring, until golden, 5 minutes. Set aside.

Add onion to skillet and cook until tender, 3 minutes. Add broth and tarragon; bring to boil. Add asparagus and cook just until tender, 3 to 5 minutes. Stir in cream and return to boil. Add snow peas, baby peas and chicken; cook 2 minutes more. Stir in lemon peel and toss with hot pasta. Sprinkle with chives. Makes 6 servings.

*To defat chicken broth, place in freezer 30 minutes or refrigerate 4 hours or overnight. Spoon fat from surface.

Per serving		Daily goal
Calories	435	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	157 mg	300 mg or less
Sodium	828 mg	2,400 mg or less
Carbohydrates	55 mg	250 g or more
Protein	32 g	55 g to 90 g

GRILLED CHICKEN CAESAR

pictured on pages 170–171

FASTEST RECIPE OF THE MONTH

The smoky flavor of the grilled chicken breasts and the peppery tang of the watercress make this speedy entrée salad a sensational mix of tastes and textures.

Prep time: 10 minutes ▽○
Cooking time: 8 minutes

1 tablespoon fresh lemon juice
1 teaspoon anchovy paste
Salt and freshly ground pepper
2 tablespoons extra-virgin olive oil
1 tablespoon finely chopped shallots
4 boneless, skinless chicken breast halves (1 1/4 lb.)
4 cups trimmed watercress
Lemon wedges

Prepare grill or preheat broiler and broiler pan. Whisk lemon juice with anchovy paste and 1/4 teaspoon pepper in medium bowl; whisk in oil and shallots. Set aside.

Between 2 sheets of wax paper, pound chicken gently with rolling pin or mallet 1/4-inch thick. Sprinkle with salt and pepper. Grill over medium coals or broil 3 inches from heat source, 4 minutes per side. Meanwhile, toss watercress with dressing and arrange on 4 plates. Top with chicken and serve with lemon wedges. Makes 4 servings.

Per serving		Daily goal
Calories	240	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	89 mg	300 mg or less
Sodium	146 mg	2,400 mg or less
Carbohydrates	1 mg	250 g or more
Protein	33 g	55 g to 90 g ■

Recipes developed by Lisa Brainerd and Karen J.M. Tack.

Journal shopping center

SANTA FE ATTITUDE, pages 164–167

"Noché" and "Giverny" sheets by Martex, a division of West Point Pepperell. For where to buy, call 800-533-8229. Antiques from the Morning Star Gallery, 513 Canyon Road, Santa Fe, NM 87501; 505-982-8187.

Sure-fire tips for grilling today's pork.



Indirect heat. When there's pork on the grill, there's good eating. Indirect cooking lets you grill larger cuts of meat more slowly. Bank an equal amount of hot coals on either side of the fire grate. Center a drip pan between them. Place pork on the grill directly over the drip pan.

Smoke cooking. Wood chips add a lively outdoor flavor. Hickory and mesquite are commonly used. Place dampened chips over coals. Put meat on grill. Close cover to hold in smoke.

Peachy Smoked Pork Loin.
(Serves 6-8)

Combine: 1 T. salt, 1/2 t. ground pepper, 1 t. ground ginger, 2 T. cooking oil, 2 T. cider vinegar, 1/2 c. brown sugar, 3 T. chili sauce and 1 29-oz. can of peach slices in heavy syrup, undrained. Blend until smooth. Marinate 2 lb. pork loin, refrigerated, overnight, in 1/2 of mixture. Refrigerate remaining marinade. Grill pork 60 min. (155° internal temperature) using indirect method. Smoke with hickory chips. Baste often with reserved 1/2 marinade. Slice to serve.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



The Other White Meat.®

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Passion-fruit cheesecake



crazy for cheesecake

RICH AND CREAMY AND WORTH EVERY BITE, OUR NEW CHEESECAKES COME IN LUSCIOUS FLAVORS, FROM TROPICAL TO CHOCOLATE-FUL... THEY'RE DIVINELY DELICIOUS (DEFINITELY TO DIE FOR) AND GUARANTEED TO KEEP THEM BEGGING MADLY FOR MORE!

BY JAN TURNER HAZARD
FOOD EDITOR

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

FRESH GINGER CHEESECAKE



True fiery-fresh ginger fans might want to add another teaspoon of grated ginger—but taste the batter first! This goes delectably with fresh sliced peaches, nectarines or apricots.

Prep time: 25 minutes plus chilling ◒
Baking time: 1 1/4 hours

Crust
- 1 cup gingersnap crumbs
- 2 tablespoons butter or margarine, melted

Filling
- 3 packages (8 oz. each) cream cheese or Neufchâtel cheese (light cream cheese), at room temperature
- 1 1/2 cups sugar
- 1 tablespoon freshly grated ginger
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- Pinch salt
- 4 large eggs, at room temperature
- 1/2 cup heavy or whipping cream

Crust: Preheat oven to 350°F. Butter an 8-inch springform pan. Combine crumbs and butter in small bowl until crumbs are evenly moistened. Pat evenly over bottom of prepared pan. Bake 10 minutes. Cool on wire rack. Keep oven on. Tightly cover outside bottom and sides of springform pan with heavy-duty foil.

Filling: Meanwhile, beat cream cheese in large mixer bowl at medium-high speed until light and fluffy, 2 minutes. Gradually beat in sugar, scraping sides of bowl with rubber spatula, until completely smooth, about 3 minutes. Reduce speed to medium; beat in ginger, lemon juice, vanilla and salt. Add eggs one at a time, beating just until blended after each addition. Add cream and beat just until blended.

Pour filling over crust in pan; place in larger roasting pan. Place pan on oven rack. Pour enough hot water into roasting pan to come 1 inch up side of springform pan. Bake 1 1/4 hours, until center is just set.

Remove cheesecake from water bath. Cool completely on wire rack. Remove foil. Cover and refrigerate overnight. Just before serving, run knife around edge of pan and remove sides. Makes 12 servings.

Per serving		Daily goal
Calories	410	2,000 (F), 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	17 g	20 g or less (F); 23 g or less (M)
Cholesterol	156 mg	300 mg or less
Sodium	274 mg	2,400 mg or less
Carbohydrates	34 mg	250 g or more
Protein	7 g	55 g to 90 g

TIRAMI SU CHEESECAKE



Tirami su means "little pick-me-up" in Italian. Based on the popular Italian dessert, this sinfully rich mocha cheesecake more than lives up to its name.

Prep time: 35 minutes plus chilling ◒
Baking time: 1 1/4 hours

Crust
- 2 tablespoons butter or margarine, melted
- 1/2 teaspoon instant espresso powder
- 1 cup vanilla-wafer crumbs

Filling
- 3 packages (8 oz. each) cream cheese or Neufchâtel cheese, at room temperature
- 8 ounces mascarpone cheese
- 1 2/3 cups sugar
- 1 teaspoon vanilla extract
- Pinch salt
- 4 large eggs, at room temperature
- 2 teaspoons instant espresso powder
- 1 tablespoon hot water
- 2 tablespoons brandy
- 1 square (1 oz.) semisweet chocolate, grated
- 2 teaspoons unsweetened cocoa

Crust: Preheat oven to 350°F. Butter an 8-inch springform pan. Stir butter and espresso powder in small bowl until combined.Stir in crumbs until crumbs are evenly moistened. Pat evenly over bottom of prepared pan. Bake 10 minutes. Cool on wire rack. Keep oven on. Tightly cover outside bottom and sides of springform pan with heavy-duty foil.

Filling: Meanwhile, beat cream cheese and mascarpone in large mixer bowl at medium-high speed until light and fluffy, 2 minutes. Gradually beat in sugar, scraping down sides of bowl with rubber spatula, until completely smooth, 3 minutes. Reduce speed to medium and beat in vanilla and salt. Add eggs one at a time, beating just until blended after each addition. Pour 4 cups filling over crust in prepared pan and place in larger roasting pan.

Dissolve espresso in hot water. Fold into remaining filling with brandy and grated chocolate. Spoon mixture evenly over ing in pan; smooth top with spatula. Pl pan on oven rack. Pour enough hot wa into roasting pan to come 1 inch up s of springform pan. Bake 1 1/4 hours or til center is just set.

Remove cheesecake from water ba Cool completely on wire rack. Remove f Cover and refrigerate overnight. Just b fore serving, run knife around edge of p remove sides. Sprinkle lightly with coc Makes 12 servings.

Per serving		Daily goal
Calories	455	2,000 (F), 2,500 (M)
Total fat	31 g	60 g or less (F); 70 g or less
Saturated fat	18 g	20 g or less (F); 23 g or less
Cholesterol	157 mg	300 mg or less
Sodium	277 mg	2,400 mg or less
Carbohydrates	38 mg	250 g or more
Protein	8 g	55 g to 90 g

HAZELNUT-TRUFFLE CHEESECAK



INDULGENT BUT WORTH IT *We s gest serving very small slices: Each packs such fabulous flavor, even the n diehard chocoholics won't feel cheated.*

Prep time: 50 minutes plus chilling
Baking time: 65 minutes

Crust
- 1/2 cup hazelnuts, toasted and skinne
- 2 tablespoons sugar
- 1/2 cup all-purpose flour
- Pinch salt
- 1/4 cup cold unsalted butter, cut up (substitutions)

Filling
- 3 packages (8 oz. each) cream cheese or Neufchâtel cheese, a room temperature
- 1 1/4 cups sugar
- 12 ounces bittersweet or semisweet chocolate, melted and cooled
- 2 teaspoons vanilla extract
- Pinch salt
- 4 large eggs, at room temperature
- 3/4 cup heavy or whipping cream
- 2 tablespoons unsweetened cocoa
- 2 ounces bittersweet or semisweet chocolate, melted, and 20 whole toasted, skinned hazelnuts

Crust: Preheat oven to 350°F. Butter inch springform pan. Combine hazel and sugar in food processor and pro until finely ground. Add flour and pulse to blend. Add butter and pulse mixture resembles fine crumbs and just gins to hold together. Pat evenly over tom of prepared pan. Bake 20 to minutes, until top is *(contin*



Big Raves

With Easy Little Cheese Cakes.*

MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

America's Dairy Farmers
© National Dairy Board 1991

REATE A STIR WITH CREAM CHEESE.

golden. Cool on wire rack. Keep oven on. Tightly cover outside bottom and sides of springform pan with heavy-duty foil.

Filling: Meanwhile, beat cream cheese in large mixer bowl at medium-high speed until light and fluffy, 2 minutes. Gradually beat in sugar, scraping down sides of bowl with rubber spatula, until completely smooth, 3 minutes. Reduce speed to medium; beat in melted chocolate, vanilla and salt. Add eggs one at a time, beating just until blended after each addition. Add cream, then cocoa; beat just until batter is blended.

Pour filling over crust in pan; place in larger roasting pan. Place pan on oven rack. Pour enough hot water into roasting pan to come 1 inch up side of springform pan. Bake 65 minutes or until center is just set.

Remove cheesecake from water bath. Cool completely on wire rack. Remove foil. Cover and refrigerate overnight. Just before serving, run knife around edge of pan; remove sides. Dip half of each whole hazelnut in remaining 2 ounces melted chocolate and arrange decoratively along edge of cake. Drizzle or pipe remaining chocolate onto dessert plates. Top with slice of cheesecake. Makes 20 servings.

Per serving		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	16 g	20 g or less (F); 23 g or less (M)
Cholesterol	99 mg	300 mg or less
Sodium	131 mg	2,400 mg or less
Carbohydrates	27 mg	250 g or more
Protein	6 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

Cheesecake success

The best method we've found for a creamy cheesecake that is less likely to crack or sink is baking in a hot-water bath. Covering the outside of the springform pan with heavy-duty foil or a double layer of foil forms a strong seal. Add filling, then place the pan in a larger pan and pour enough boiling water to come 1 inch up side of the smaller pan—the water provides even distribution of heat during baking. Your cheesecake will be light and creamy every time.

PASSION-FRUIT CHEESECAKE

pictured on page 180 and 181

TEST KITCHEN FAVORITE *If you love tropical flavors, seek out fresh passion fruit. There are two varieties: The purplish egg-shaped fruit gives one to two tablespoons of juice; the larger, yellow-green variety yields three to four tablespoons.*

Prep time: 30 minutes plus chilling
Baking time: 70 minutes

Crust
- 3/4 cup vanilla-wafer crumbs
- 1/4 cup blanched slivered almonds, toasted and finely chopped
- 2 tablespoons butter or margarine, melted

Filling
- 4 packages (8 oz. each) cream cheese or Neufchâtel cheese at room temperature
- 1 3/4 cups sugar
- 1/2 cup fresh or frozen passion-fruit juice, thawed*
- 2 teaspoons vanilla extract
- Pinch salt
- 4 large eggs, at room temperature

Sliced mango, for garnish (optional)

Crust: Preheat oven to 350°F. Butter a 9-inch springform pan. Combine cookie crumbs and almonds in small bowl. Stir in butter until crumbs are evenly moistened. Pat evenly over bottom of prepared pan. Bake 10 minutes. Cool on wire rack. Keep oven on. Tightly cover outside bottom and sides of springform pan with heavy-duty foil.

Filling: Meanwhile, beat cream cheese in large mixer bowl at medium-high speed until light and fluffy, 2 minutes. Gradually beat in sugar, scraping down sides of bowl with rubber spatula, until completely smooth, 3 minutes. Reduce speed to medium and beat in passion-fruit juice, vanilla and salt. Add eggs one at a time, beating until just blended after each addition.

Pour filling over crust in pan; place in larger roasting pan. Place pan on oven rack. Pour enough hot water into roasting pan to come 1 inch up side of springform pan. Bake 70 minutes, until center is just set.

Remove cheesecake from water bath. Cool completely on wire rack. Remove foil. Cover and refrigerate overnight. Just before serving, run knife around edge of pan and remove sides. Makes 12 servings.

*Frozen passion-fruit puree is available in Asian and Spanish specialty groceries. For fresh juice: Cut each fruit in half and scoop out pulp and seeds with spoon. Transfer to a fine sieve set over a bowl; strain pulp through sieve, pressing with back of spoon. Discard seeds.

Per serving		Daily goal
Calories	475	2,000 (F), 2,500 (M)
Total fat	33 g	60 g or less (F); 70 g or less (M)
Saturated fat	19 g	20 g or less (F); 23 g or less (M)
Cholesterol	162 mg	300 mg or less
Sodium	297 mg	2,400 mg or less
Carbohydrates	39 mg	250 g or more
Protein	9 mg	55 g to 90 g

SPRING-BERRY CHEESECAKE

pictured on page 169

The most traditional of our cheesecakes is light and lemony on a walnut-flavored crust. A trio of berries is the perfect accompaniment.

Prep time: 25 minutes plus chilling
Baking time: 1 1/4 hours

Crust
- 3/4 cup graham-cracker crumbs
- 1/4 cup finely chopped walnuts
- 1 tablespoon firmly packed brown sugar
- 2 tablespoons butter or margarine, melted

Filling
- 1 container (8 oz.) cream-style cottage cheese
- 2 packages (8 oz. each) cream cheese or Neufchâtel cheese, at room temperature
- 1 1/4 cups granulated sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 teaspoon grated lemon peel
- Pinch salt
- 4 large eggs, at room temperature
- 1 container (8 oz.) sour cream

Strawberry Sauce
- 2 packages (10 oz. each) frozen strawberries in light syrup, thawed
- 1 pint strawberries, sliced thin

Strawberries, blueberries, raspberries and lemon peel, for garnish

Crust: Preheat oven to 350°F. Butter an 8 inch springform pan. Combine crumbs walnuts, sugar and butter in small bow until crumbs are evenly moistened. Pa evenly over bottom of prepared pan. Bak 10 minutes. Cool on wire rack. Keep ove on. Tightly cover outside bottom and side of springform pan with heavy-duty foil.

Filling: Meanwhile, puree cottage chees in food processor or blender unt smooth. Beat cream cheese in large mixe bowl at medium-high speed until ligh and fluffy, about 2 minutes. Beat in co tage cheese. Gradually beat in suga scraping sides of bowl with rubber spatu la, until completely smooth, 3 minute Reduce speed to medium; beat in lemo juice, vanilla, lemon peel and salt. Ad eggs one at a time, beating just unt blended after each addition. Beat in sou cream just until smooth.

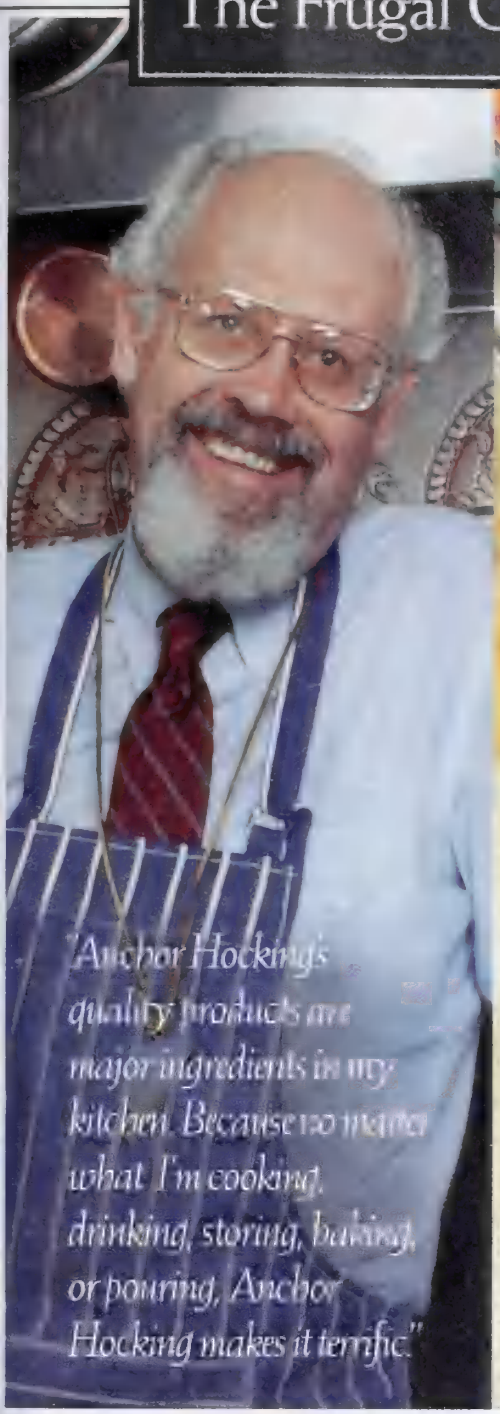
Pour filling over crust in pan; place in lar er roasting pan. Place pan on oven rac Pour enough hot water into roasting pan t come 1 inch up side of springform pan. Bak 1 1/4 hours or until center is just set. Co completely on wire rack. Cover and refrige ate overnight. Just before serving, run kni around edge of pan and remove sides. Ser with Strawberry Sauce. Garnish with berries desired. Makes 12 servings.

Strawberry Sauce: Puree strawberries syrup in food processor or blender un smooth. Transfer to bowl and stir in slice strawberries. Makes 3 1/3 cups.

Per serving with 1/4 c. sauce		Daily goal
Calories	420	2,000 (F), 2,500 (M)
Total fat	24 g	60 g or less (F); 70 g or less (M)
Saturated fat	13 g	20 g or less (F); 23 g or less (M)
Cholesterol	130 mg	300 mg or less
Sodium	301 mg	2,400 mg or less
Carbohydrates	45 mg	250 g or more
Protein	9 g	55 g to 90 g

Recipes by Carol Prager.

The Frugal Gourmet's™ terrific pasta dish.





Quick-Baked Pasta Family Style

2Tbsp. olive oil
1 lb. lean coarse ground beef
3 cloves garlic, peeled and crushed
1/2 C. half and half
3/4 C. red marinara or spaghetti sauce
3/4 C. good brown gravy (homemade beef gravy, or canned brown gravy, in a pinch)
1/4 C. Parmesan or Romano cheese, freshly grated
1 tsp. dried whole oregano
1/2 tsp. dried whole rosemary
Salt and black pepper, freshly ground, to taste
3/4 lb. penne pasta (short, small pasta tubes)

Topping: 1C. Mozzarella or Swiss cheese, coarsely grated

Bring 4 quarts of water to a boil. Heat a large frying pan and add the oil, beef, and garlic. Saute until the meat is tender and then drain excess fat. Add all remaining ingredients except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart Anchor Hocking glass rectangular baking dish and top with the remaining cheese. Bake uncovered at 350° for 25 minutes or until all is bubbly hot. Store leftovers in Anchor Hocking Pop-Top Storables® containers. Great for freezer, refrigerator or microwave. Serves 6. ANCHOR HOCKING



ANCHOR HOCKING

The best value in the kitchen.™

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The lowdown on LOW FAT

TRIMMING THE FAT DOES MORE THAN WHITTLE YOUR WAIST; IT CAN HELP PREVENT ILLNESSES LIKE BREAST CANCER AND HEART DISEASE. HERE, THREE CONVERTS TO THE LOW-FAT LIFE, PLUS MENUS THAT MAKE IT EASY AND DELICIOUS

HERB-CRUSTED FLANK STEAK

Prep time: 10 minutes plus standing ▽○
Cooking time: 8 minutes

2 tablespoons Dijon mustard
1/2 teaspoon minced garlic
1/4 teaspoon freshly ground pepper
1/8 teaspoon tarragon
1 pound flank steak, fat trimmed
1/3 cup fresh bread crumbs
1 tablespoon chopped fresh parsley

Preheat broiler and broiler pan. Combine first 4 ingredients in bowl. Spread half the mixture on one side of meat. Broil, mustard side up, 4 inches from heat, 4 minutes. Turn meat over, spread with remaining mixture; broil 3 minutes more. Combine bread crumbs and parsley; pat evenly on meat. Broil 1 minute more. Let stand 5 minutes. Slice steak thin diagonally across the grain. Serve with sautéed broccoli rabe or okra. Makes 4 servings.

Per serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	57 mg	300 mg or less
Sodium	314 mg	2,400 mg or less
Carbohydrates	3 mg	250 g or more
Protein	23 g	55 g to 90 g



30 PERCENT SLIM-DOWN SOLUTION

Two and a half years before her fortieth birthday last summer, Deborah Black, of Baton Rouge, Louisiana, decided to slim down for good. Though she had dieted on and off for years, at *(continued)*

LOW-FAT DAILY MENUS

We've trimmed the percentage of calories from fat to 30, 20 or 10 percent for the day—the variations in the menus are shown in red. *Recipe given

30%

BREAKFAST Oatmeal with 2 tsp. brown sugar, 1/4 c. raisins, 3/4 c.1% milk ■ 1 toaster corn cake with 2 tsp. margarine ■ 1/2 c. grapefruit juice **LUNCH** Cheese pizza (1 English muffin, 2 oz. mozzarella, 1/4 c. pizza sauce) ■ 1 c. minestrone soup ■ 1/2 c. sliced cucumbers with 1 T. salad dressing ■ 3/4 c. grapes **SNACK** 1 banana **DINNER** 1/2 c. V8 juice ■ Herb-Crusted Flank Steak* ■ 1 c. sautéed broccoli rabe ■ 3 steamed new potatoes ■ 1 slice rye bread with 2 tsp. margarine ■ Baked apple

20%

BREAKFAST Oatmeal with 2 tsp. brown sugar, 1/4 c. raisins, 3/4 c. 1% milk ■ 1 toaster corn cake with 1 tsp. jam ■ 1/2 c. grapefruit juice **LUNCH** Cheese pizza (1 English muffin, 1 oz. skim mozzarella, 1/4 c. pizza sauce) ■ 1 c. minestrone soup ■ 1/2 c. sliced cucumbers ■ 3/4 c. grapes **SNACK** 1 banana **DINNER** 1/2 c. V8 juice ■ 2 oz. Herb-Crusted Flank Steak* ■ 1 c. sautéed broccoli rabe ■ 3 steamed new potatoes ■ 2 slices rye bread ■ Baked apple

10%

BREAKFAST Oatmeal with 2 tsp. brown sugar, 1/4 c. raisins, 3/4 c. skim milk ■ 1 slice toast with 1 tsp. jam ■ 1/2 c. grapefruit juice **LUNCH** Cheese pizza (1 English muffin, 1 oz. skim mozzarella, 1/4 c. pizza sauce) ■ 1 1/2 c. minestrone soup with 2 slices Italian bread ■ 1/2 c. sliced cucumbers ■ 3/4 c. grapes **SNACK** 1 banana **DINNER** 1 c. V8 juice ■ 1 1/2 c. steamed broccoli rabe with 1 oz. sliced Herb-Crusted Flank Steak* ■ 3 steamed new potatoes ■ 2 slices rye bread ■ Baked apple

LOOK WHAT HAPPENS WHEN YOU SIMPLY OPEN A CAN OF DOLE PINEAPPLE AND...



ISLAND FRUIT SALAD

...make your fruit salad more exotic; mix in Dole Pineapple Chunks.

...spoon Dole Crushed Pineapple over frozen yogurt for a cool, refreshing treat.



PINEAPPLE SUNDAE

...add delicious Dole Pineapple Chunks to your favorite grilled kabobs.



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Dole

HOW'D YOU DO YOUR DOLE TODAY?™



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TANDOORI CHICKEN

Prep time: 10 minutes plus standing ▼▽○
Cooking time: 13 to 14 minutes

1 teaspoon cumin
1 teaspoon paprika
1/2 teaspoon coriander
1/2 teaspoon ground red pepper
3/4 cup plain nonfat yogurt
2 tablespoons fresh lemon juice
1 tablespoon minced fresh ginger
1 teaspoon minced garlic
1 teaspoon salt
1 pound boneless, skinless chicken breast
1/4 cup fresh cilantro leaves, for garnish
Lemon wedges, for garnish

Combine cumin, paprika, coriander and pepper in small saucepan; cook, stirring, over low heat until fragrant, 1 to 2 minutes. (Be careful not to burn.) Transfer to bowl. Stir in yogurt, lemon juice, ginger, garlic, and salt. Add chicken, tossing to coat. Let stand 30 minutes, or cover and refrigerate overnight.

Preheat broiler and foil-lined broiler pan. Remove chicken from marinade and broil 3 inches from heat 5 minutes. Turn and broil 7 minutes or until chicken begins to brown. Slice diagonally across the grain. Garnish with cilantro and lemon. Serve with mango chutney if desired. Makes 4 servings.

Per serving		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	67 mg	300 mg or less
Sodium	658 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	29 g	55 g to 90 g

(continued) five-seven, she weighed 190 pounds.

Knowing that her usual dieting mode—self-deprivation—wouldn't last long, Black turned to *The LEARN Program for Weight Control* (American Health, 1991), a manual by weight-loss expert Kelly Brownell, Ph.D. She discovered that, along with eating fewer calories and exercising regularly, limiting fat to less than 30 percent of calories is an essential part of weight control and good health.

Black revamped the way she shopped and cooked, changing her own diet and that of her husband, Bill, forty, and son, Steve, seven.

Black, who recently went back to school, has maintained her goal weight of 131 pounds for a year and a half. "I view my lifestyle and the diet I have as positive," she says. "I've learned to eat healthy, and I'm going to be healthy."

LOW-FAT DAILY MENUS

30%

BREAKFAST 3/4 c. Special K cereal with 3/4 c. 1% milk ■ 1 slice toast with 1 tsp. *each* margarine and jam ■ 1 medium orange ■ Coffee or tea **LUNCH** 2 oz. lean cooked ham and 1 oz. Swiss cheese on 2 slices whole wheat bread with 1 tsp. mustard ■ 1/2 c. coleslaw made with 1 tsp. mayo ■ Apple **SNACK** 8 oz. fruited low-fat yogurt **DINNER** Tandoori Chicken* ■ 1/2 c. steamed couscous with 1 T. raisins ■ 1 c. stir-fried broccoli with red-pepper strips ■ 2 sesame bread sticks ■ 1/2 c. vanilla frozen yogurt with kiwifruit slices

20%

BREAKFAST 3/4 c. Special K cereal with 3/4 c. 1% milk ■ 1 slice toast with 1 tsp. *each* margarine and jam ■ 1 medium orange ■ Coffee or tea **LUNCH** 2 oz. lean cooked ham on 2 slices whole wheat bread with 1 tsp. mustard ■ 1/2 c. coleslaw made with 1 tsp. fat-free mayo ■ Apple **SNACK** 8 oz. fruited low-fat yogurt **DINNER** 2 oz. Tandoori Chicken* ■ 3/4 c. steamed couscous with 1 T. raisins ■ 1 c. stir-fried broccoli with red-pepper strips ■ 2 sesame bread sticks ■ 1/2 c. vanilla frozen yogurt with kiwifruit slices

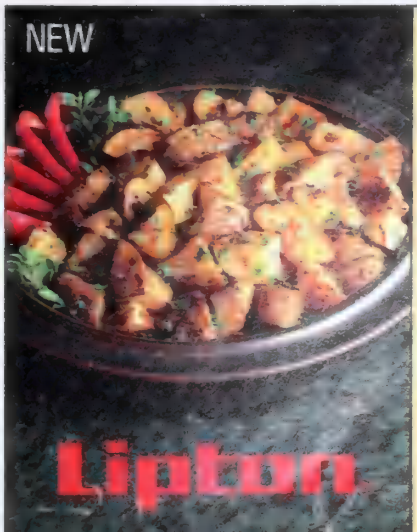
10%

BREAKFAST 3/4 c. Special K cereal with 3/4 c. skim milk ■ 1 slice toast with 1 tsp. jam ■ 1 medium orange ■ Coffee or tea **LUNCH** 2 oz. lean cooked ham on 2 slices whole wheat bread with 1 tsp. mustard ■ 1 c. coleslaw made with 1 tsp. fat-free mayo or dressing ■ Apple **SNACK** 8 oz. vanilla nonfat yogurt **DINNER** 1 c. steamed couscous and 1 T. raisins with 1 oz. diced Tandoori Chicken* ■ 1 1/2 c. steamed broccoli with 1/4 c. red-pepper strips ■ 3 sesame bread sticks ■ 1/2 c. sliced kiwifruit ■ 1/2 c. skim milk

THE POTATOES



THE RECIPE





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ONION ROASTED POTATOES

- 1 envelope Lipton Onion Recipe Soup Mix
- 2 pounds all-purpose potatoes, cut into large chunks
- 1/3 cup olive or vegetable oil

Preheat oven to 450°. In large plastic bag, add all ingredients. Close bag and shake until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes about 8 servings.



TUSCAN BEAN SALAD WITH PORK MEDALLIONS

▼▽○

Prep time: 25 minutes plus standing
Cooking time: 1 hour

1 cup dried Navy beans
1/2 cup diced red onion
1/2 cup thinly sliced celery
1/4 cup chopped fresh parsley
1 1/2 teaspoons salt
2 tablespoons balsamic vinegar
1/4 cup chicken broth, defatted*
1 tablespoon olive oil
1 teaspoon Dijon mustard
1/2 teaspoon minced garlic
1/4 teaspoon *each* thyme and oregano
Pork Medallions (recipe follows)

Soak beans in water to cover overnight. Drain; cover with fresh water and simmer over low heat until tender, 1 hour. Drain.

Toss beans in bowl with remaining ingredients except Pork Medallions. Cool.

Pork Medallions: Cut 1 pound pork tenderloin crosswise into 8 slices. Heat 1 tablespoon olive oil in skillet over high heat. Add pork and cook 4 minutes per side. Transfer to platter; keep warm. Heat 1 teaspoon oil in same skillet. Add 1/3 cup minced onion; cook, stirring, 2 minutes. Add 1/4 cup balsamic vinegar, 2/3 cup chicken broth, defatted*, and a pinch of thyme. Boil until reduced by half, 4 minutes. Spoon over pork. Makes 4 servings.

*To defat broth, freeze 1 hour or refrigerate 4 hours. Spoon off fat.

Per 1/2 c. beans, 2 slices pork		Daily goal
Calories	315	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	79 mg	300 mg or less
Sodium	840 mg	2,400 mg or less
Carbohydrates	21 mg	250 g or more
Protein	32 g	55 g to 90 g



20 PERCENT CANCER-PREVENTION PLAN

When her mother was diagnosed with breast cancer three years ago, Elizabeth Moody, forty-four, a homemaker in Palisades, New York, learned that she faced an increased risk of developing the disease. Dietary fat has been linked to breast cancer, so Moody decided to switch to a diet with just 20 percent of calories from fat, the amount recommended by many experts. She and her husband, Harry, forty-seven, along with their kids, Maryam, seven, and Habib, four, began eating lean.

Moody learned that a gram of fat has nine calories. *(continued)*

LOW-FAT DAILY MENUS

30%

BREAKFAST 1 bagel with 1 T. *each* cream cheese and jam ■ 1/2 c. orange juice ■ 1 c. 1% milk ■ Coffee or tea **LUNCH** 3 oz. water-packed tuna on hard roll with 2 tsp. mayo, 1 slice tomato, lettuce leaves and 1 dill pickle spear ■ 1 c. 1% milk ■ Peach **SNACK** 1 Dole frozen Fruit 'n Juice Bar ■ 1 pkg. (1 oz.) pretzels **DINNER** 1/2 grapefruit ■ Tuscan Bean Salad with Pork Medallions* ■ 6 steamed asparagus with 1 tsp. *each* margarine and lemon juice ■ 1 dinner roll with 1 tsp. margarine ■ 1/8 angel-food cake with 2 tsp. chocolate sauce and 1/4 c. raspberry sorbet

20%

BREAKFAST 1 bagel with 1 T. *each* light cream cheese and jam ■ 1/2 c. orange juice ■ 1 c. 1% milk ■ Coffee or tea **LUNCH** 3 oz. water-packed tuna on hard roll with 1 tsp. mayo, 1 slice tomato, lettuce leaves and 1 dill pickle spear ■ 1 c. 1% milk ■ Peach **SNACK** 1 Dole frozen Fruit 'n Juice Bar ■ 1 pkg. (1 oz.) pretzels **DINNER** 1/2 grapefruit ■ Tuscan Bean Salad with 2 oz. Pork Medallions* ■ 6 steamed asparagus with 1 tsp. lemon juice ■ 1 dinner roll with 1 tsp. margarine ■ 1/8 angel-food cake with 1/4 c. raspberry sorbet

10%

BREAKFAST 1 bagel with 1 T. jam and 2 tsp. light cream cheese ■ 1/2 c. orange juice ■ 1 c. skim milk ■ Coffee or tea **LUNCH** 3 oz. water-packed tuna on hard roll with 1 T. nonfat yogurt, 1 slice tomato, lettuce leaves and 1 dill pickle spear ■ 1 c. skim milk ■ Peach **SNACK** 1 Dole frozen Fruit 'n Juice Bar ■ 1 pkg. (1 oz.) pretzels **DINNER** 1 whole grapefruit ■ 1 c. Tuscan Bean Salad with 1 oz. Pork Medallions* ■ 8 steamed asparagus with 1 tsp. lemon juice ■ 2 dinner rolls ■ 1/2 c. fresh raspberries with 1/4 c. raspberry sorbet



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MOO SHOO TURKEY

Prep time: 35 minutes plus standing ▼▽○
Cooking time: 10 minutes

4 tablespoons low-sodium soy sauce
1 tablespoon fresh lime juice
1 teaspoon minced jalapeño chile
3/4 pound boneless, skinless turkey breast, cut into 1/2-inch-thick strips*
2 teaspoons vegetable oil, divided
1 teaspoon minced garlic
1/2 teaspoon grated fresh ginger
2 carrots, peeled and julienned
2 cups shredded green cabbage
1 zucchini, julienned
1 cup thinly sliced shiitake or white mushrooms
1/4 teaspoon salt
2 cups fresh bean sprouts
6 flour tortillas
6 teaspoons hoisin sauce
1 cup fresh cilantro sprigs
3 green onions, julienned

Combine 3 tablespoons soy sauce, lime juice and jalapeño in bowl. Stir in turkey and marinate 30 minutes.

Heat 1 teaspoon oil in nonstick skillet over high heat. Add garlic and ginger; cook 30 seconds. Stir in carrots and 2 tablespoons water; cook covered 1 minute. Stir in cabbage, zucchini, mushrooms, remaining 1 tablespoon soy sauce and the salt. Cook covered until vegetables are just tender, 2 minutes. Transfer to plate.

Heat remaining 1 teaspoon oil in same skillet. Add turkey and cook, stirring, until turkey turns white and liquid is slightly reduced, 2 minutes. Stir in bean sprouts and reserved vegetables; heat through.

Spread each tortilla with 1 teaspoon hoisin sauce. Spoon about 3/4 cup filling along center; top with cilantro and green onions. Roll up and serve with additional hoisin sauce. Makes 6 servings.

*For 20% diet, reduce boneless, skinless turkey breast to 6 ounces total. *(continued*

(continued) Based on her average intake of two thousand calories a day, she calculated that she should be eating no more than 44 grams of fat. She scanned labels, measured portions and compiled a set of index cards listing the fat content of ingredients she uses most often.

Moody discovered that many of her family's favorite recipes could be made with a lot less fat. "I've gotten to the point where I can't tolerate heavy things, and I feel like they aren't really worth it."



10 PERCENT HEART-HEALTHY STRATEGY

One terrifying night five years ago, Mary Anker, of Scarsdale, New York, looked on as her husband, Art, stopped breathing and was rushed by air to an emergency *(continued)*

LOW-FAT DAILY MENUS

30%

BREAKFAST 1/2 c. cranberry juice ■ 2/3 c. raisin bran cereal with 3/4 c. 1% milk ■ 1/2 toasted English muffin with 1 tsp. margarine **LUNCH** 1 baked potato (8 oz.) with 1 c. steamed broccoli, 2 T. *each* shredded Cheddar cheese and light sour cream, 1/2 tsp. horseradish ■ 6 celery sticks ■ 1/4 fresh pineapple **SNACK** 3 c. light microwave popcorn ■ 1 c. 1% milk **DINNER** Moo Shoo Turkey* ■ 1/2 c. brown rice ■ 1/2 c. steamed snow peas ■ 2-in. square gingerbread with 1/4 c. sliced peaches

20%

BREAKFAST 1/2 c. cranberry juice ■ 2/3 c. raisin bran cereal with 3/4 c. 1% milk ■ 1/2 toasted English muffin with 1 tsp. margarine **LUNCH** 1 baked potato (8 oz.) with 1 c. steamed broccoli, 1/4 c. plain low-fat yogurt, 1 T. shredded Cheddar cheese, 1/2 tsp. horseradish ■ 6 celery sticks ■ 1/4 fresh pineapple **SNACK** 3 c. light microwave popcorn ■ 1 c. 1% milk **DINNER** Moo Shoo Turkey* with 6 oz. Lite ■ 1/2 c. brown rice ■ 1/2 c. steamed snow peas ■ 1/2 c. sliced peaches and 1 gingersnap cookie

10%

BREAKFAST 1/2 c. cranberry juice ■ 2/3 c. raisin bran cereal with 3/4 c. skim milk ■ 1/2 toasted English muffin with 1 tsp. jam **LUNCH** 1 baked potato (8 oz.) with 1 c. steamed broccoli, 1/4 c. plain low-fat yogurt, 1/2 tsp. horseradish ■ 6 celery sticks ■ 1/4 fresh pineapple **SNACK** 3 c. light microwave popcorn ■ 1 c. skim milk **DINNER** Vegetarian Moo Shoo* ■ 3/4 c. brown rice ■ 1/2 c. steamed snow peas ■ 1 T. sliced peaches

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Vegetarian Moo Shoo: Omit 3 tablespoons soy sauce, lime juice, jalapeño and turkey. Cook vegetables as directed.

Per serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	706 mg	2,400 mg or less
Carbohydrates	23 mg	250 g or more
Protein	19 g	55 g to 90 g

SHRIMP WITH ORZO AND FETA

FOOD EDITOR'S CHOICE

Prep time: 20 minutes plus standing ▼▽○
Microwave time: 5 minutes

1 pint cherry tomatoes, quartered
2 tablespoons chopped fresh dill
1 teaspoon extra-virgin olive oil
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
8 ounces (1 1/2 cups) orzo pasta, cooked and drained
1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
10 ounces shrimp, cooked and peeled
1/2 cup (2 oz.) feta cheese, crumbled*
1 tablespoon grated Parmesan cheese

Combine tomatoes, dill, oil, garlic, salt and pepper in large bowl. Let stand 10 minutes. Stir in orzo, then add remaining ingredients. Spoon into shallow 1 1/2-quart microwaveproof casserole. Cover and microwave on High 5 minutes or until heated through. Makes 4 servings.
*For 20% diet, reduce feta cheese to 2 tablespoons total.

Baked Orzo: Prepare recipe without shrimp and reduce feta to 1/4 cup.

Per serving		Daily goal
Calories	360	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	103 mg	300 mg or less
Sodium	636 mg	2,400 mg or less
Carbohydrates	49 mg	250 g or more
Protein	24 g	55 g to 90 g

Researched by Patricia Cobe, a food writer specializing in nutrition. Recipes by Carol Prager, Lisa Brainerd and Patricia Cobe.

(continued) room. Though he was only forty-two, Anker's husband had suffered a massive heart attack.

Today, Mary, forty-five, a junior high teacher, Art, forty-seven, and their daughters Jane, fifteen, Abby, twelve, and Laura, ten, follow the plans outlined in *Dr. Dean Ornish's Program for Reversing Heart Disease* (Ballantine, 1992). For the adults, this means a diet with no more than 10 percent of calories from fat (the girls follow a less stringent plan), regular exercise and stress-reduction techniques such as yoga and meditation.

The family reduced fat by virtually eliminating meat. They eat only nonfat dairy products. Staples are fresh breads, homemade soups, pasta, grains, fresh fruits and vegetables.

"My kids know how important it is to be healthy. They've seen their dad in intensive care," Anker explains. "We've gotten much healthier and much closer."

—Nadia Zonis

LOW-FAT DAILY MENUS

30% **BREAKFAST** 1 whole-grain waffle with 1 tsp. margarine and 2 T. maple syrup ■ 3/4 c. strawberries ■ 1/2 c. 1% milk **LUNCH** 1 c. lentil soup ■ 2 oz. Jarlsberg cheese on 1 slice rye bread with 1 slice red pepper ■ 2 carrot sticks ■ 1/6 honeydew melon ■ 1 c. pineapple-grapefruit juice **SNACK** 2 Fig Newtons ■ 1 c. 1% milk **DINNER** Shrimp with Orzo and Feta* ■ 1 1/4 c. green salad with 1 T. dressing ■ 1 small pita bread with 1 tsp. margarine ■ 1/2 c. lime sherbet with 2 chocolate wafers

20% **BREAKFAST** 1 whole-grain waffle with 1 tsp. margarine and 2 T. maple syrup ■ 3/4 c. strawberries ■ 1/2 c. 1% milk **LUNCH** 1 c. lentil soup ■ 1 oz. each Jarlsberg cheese and sliced turkey breast on 1 slice rye bread ■ 2 carrot sticks ■ 1/6 honeydew melon ■ 1 c. pineapple-grapefruit juice **SNACK** 2 Fig Newtons ■ 1 c. 1% milk **DINNER** Shrimp with Orzo and Feta*, with 2 T. feta ■ 1 1/4 c. green salad with 1 T. dressing ■ 1 small pita bread with 1 tsp. margarine ■ 1/2 c. lime sherbet with 1/2 c. fresh blueberries

10% **BREAKFAST** ■ 1 whole-grain waffle with 2 T. maple syrup ■ 3/4 c. strawberries ■ 1/2 c. skim milk **LUNCH** 1 c. lentil soup with 3 soda crackers ■ 1 oz. Jarlsberg cheese on 1 slice rye bread with 1 slice red pepper and lettuce leaves ■ 2 carrot sticks ■ 1/6 honeydew melon ■ 1 c. pineapple-grapefruit juice ■ **SNACK** 2 Fig Newtons ■ 1 c. skim milk ■ **DINNER** Baked Orzo* ■ 1 3/4 c. green salad ■ 2 small pita breads ■ 1/2 c. lime sherbet with 1/2 c. fresh blueberries

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Chemicals, toxins, bacteria: Is eating the brain food so smart anymore? By Leslie Vreeland

How safe is our fish?

High in protein and low in fat, fish has always had a healthy reputation. But then came a survey earlier this year in *Consumer Reports* suggesting that something about our nation's seafood supply was, well, fishy. Nearly half the purchases researchers made in New York and Chicago were contaminated by bacteria; half of some species were laced with potentially hazardous chemicals, and a few were loaded with both.

So, how fit to eat is our fish? Even Consumers Union, which produced the critical study, says there's no need to panic. "We never wanted to do a scare story," says David C. Berliner, assistant director. According to the Food and Drug Administration (FDA), which oversees seafood safety, fish causes relatively few reported cases of food poisoning—about the same as beef and far fewer than chicken—and even fewer of other food-borne illness. And you can easily cut what risk there is if you shop smart and cook carefully. Here's what you need to know.

BACTERIA

If you like fresh fish (that is, fish that has never been frozen—seafood in stores is never "fresh-caught" since it takes several days to get there), you'll have to worry about bacteria. Fish pick up these organisms by swimming in infested waters, and more can collect during processing; they can multiply to unacceptable levels if the fish is not refrigerated properly in transit or in stores and restaurants. (Even frozen fish is vulnerable at these points, since it may thaw and refreeze.) A spotty monitoring system is partly to blame: While the FDA has overall responsibility for fish, given sheer volume, it has to delegate authority over stores and restaurants to the states. The agency inspects processing plants and canneries about once a year.

However, as alarming as all this sounds, *there's virtually no risk* of salmonella or other bacterial food poisoning if you cook fish properly (see page 198), and order it well-done in restaurants. Unfortunately, the species people are likeliest to eat raw—clams and other shellfish—harbor the most bacteria. The FDA says the risk of illness from such fare is one in one thousand servings. For other fish, the figure is only one in one million servings.

High levels of bacteria can also cause deterioration of flavor and texture. But upcoming changes in inspection should help. By the end of the year, the FDA and the National Oceanographic and Atmospheric Administration will have set up a voluntary program with supermarket chains. Participating retailers will be able to display an FDA-NOAA logo at the seafood counter indicating that the catch has been correctly handled and labeled. Meanwhile, buy only from markets that you know have a lot of turnover.

CHEMICAL POLLUTANTS

These are industrial wastes that may cause long-term health problems if eaten in large quantities. The most worrisome *(continued)*

FISH FACTS Here's a sampling of some popular species. Offshore fish are less likely to be contaminated with chemicals than near-shore or freshwater fish, and within each group, the fattier the fish, the more likely it is to be contaminated. Therefore, the fish toward the upper left corner tend to be safest, with a few exceptions.



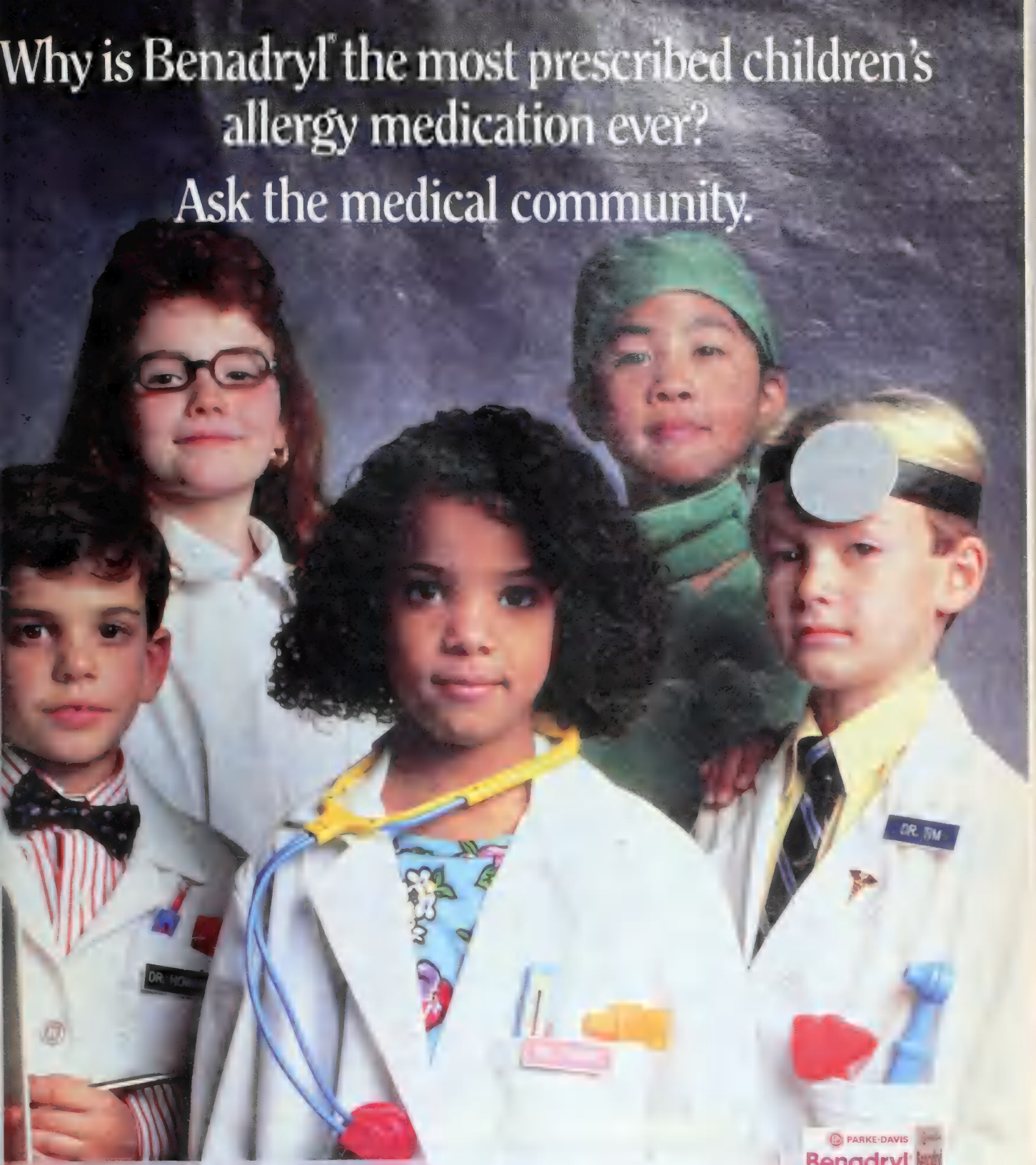
	OFFSHORE	NEAR-SHORE	FRESHWATER
LOWER FAT ↑	*cod*	✗ *striped bass*	*yellow perch*
	haddock	✓ *pink salmon*	*freshwater bass*
	pollock	✗ *bluefish*	*white perch*
	yellowfin tuna	✓ *chum salmon*	*brook trout*
	flounder/sole	✓ *sockeye salmon*	*rainbow trout*
	ocean perch	*sardines*	✗ *carp*
	✗ *swordfish*	*herring*	*lake whitefish*
↓ HIGHER FAT	*Pacific halibut*		*lake trout*
	albacore tuna		

Exceptions: ✗ Swordfish tend to have higher levels of methyl mercury. Migratory fish, such as striped bass and bluefish, are frequently tainted with PCBs, even when caught offshore. Carp are bottom feeders and are particularly vulnerable to contamination from tainted sediments. ✓ Despite high fat content, salmon tends to be relatively free of chemical contaminants, except for Great Lakes salmon. Pregnant women should avoid the most-contaminated categories.

Chart from SAFE FOOD: EATING WISELY IN A RISKY WORLD. Copyright © 1991 by the Center for Science in the Public Interest and Living Planet Press.

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contaminants—PCBs (which can cause cancer and birth defects) and mercury (which may cause neurological damage)—are found in all the world's waters. There is no way to eliminate these chemicals; although PCBs were banned more than twenty years ago, residues will remain in water for years, and mercury compounds are still being released by certain industries.

Theoretically, any fish is vulnerable, but contamination varies widely, depending on species, size, age and location. The FDA monitors toxicity of certain species known to have a potentially hazardous buildup—fresh swordfish, Great Lakes salmon, and shark—and removes from market those found to exceed federal safety levels. It also monitors canned tuna, since Americans eat so much of it. Some critics feel the system samples too few fish and that permitted levels of mercury and PCBs are too high. The FDA is currently reevaluating the standards, and recently got a budget increase to step up fish sampling.

Once again, however, you can easily protect yourself by eating a variety of fish and avoiding or limiting intake of certain types (see chart). Remove fat and skin, where contaminants usually collect.

NATURAL TOXINS

You've no doubt heard of red tide and similar infestations caused by algae and other organisms. They're most commonly found in shellfish. The poisons—which cannot be destroyed by cooking—may cause upset stomach, diarrhea and other illnesses and in some cases, permanent neurological damage and even death. But the system for controlling these pollutants, while not perfect, boasts a good safety record. The federal government monitors water cleanliness through a program with the states, and licensed commercial fishing boats are warned to avoid tainted waters. According to Morris Potter, D.V.M., an epidemiologist and assistant director for food-borne disease at the Centers for Disease Control, "The fact that [virtually no one] seems to be getting sick from these illnesses indicates that the system is working." You could still run into trouble if you catch your own fish: Call your state health department for advisories before casting your line. And don't buy from a truck on the side of the road; the fish might be an unlicensed catch from polluted waters.

PROTECTING YOURSELF

Shopping

■ When buying whole fish, look for clear, bright eyes and bright-red gills. There should be no fishy smell. Fillets should be smooth and glistening, with no d spots or curly edges. Both whole fish a fillets should be displayed on ice. Wh buying frozen fish in supermarket pac aging, make sure you see no freezer bur

■ Don't buy seafood salads and other p pared items that are stored next to r fish. Bacteria from the raw food can n grate to the cooked.

■ Should you buy farm fish? It's curren touted as free of chemical contaminan but the jury is still out. According to t FDA, farm fish may have swum in op water at one time. At this point it's probab no better—or worse—than any other fish.

Storage

■ Get seafood home and into the refrige tor fast. Store fresh fish at 32°F. to 38°F. you can't use within thirty-six hours, put the freezer. Keep frozen products at 0° and use within six months. Do not thaw fi zen seafood at room temperature. Thaw the refrigerator or defrost in the microwav

Cooking it right

■ Rinse in cold water to remove any su face bacteria.

■ Marinate seafood in the refrigerat never at room temperature.

■ Cook completely. Fish is done when flesh turns opaque and it has heated to internal temperature of 145°F. Oyste mussels and clams should be steamed f four to six minutes. Discard any u opened shellfish.

inside the journal kitchen

YOU ASKED FOR IT!

Dear LHJ:
On a recent vacation to Hilton Head, South Carolina, we enjoyed a marvelous meal at Antonio's, the best Italian restaurant on the island. I would love to have the recipe for the marinated-shrimp appetizer.

Shelia Miller
Asheville, NC

Buon appetito!

When Antonio's patrons yearn for a succulent scampi, they can have it both ways: Shrimp Rinaldi (named after owner Walt Rinaldi) is served as an appetizer or as an entrée over linguine.

In medium bowl, beat 1/2 cup butter, softened, with 1 teaspoon minced garlic, 1/2 teaspoon each basil and oregano, 1/4 teaspoon salt and a pinch thyme. (*Can be made ahea Wrap and refrigerate up to 3 day* Melt butter mixture in large skil over medium heat. Add 1 pou medium shrimp, peeled and d veined, and cook, stirring frequent until opaque, 4 minutes. Stir in 2 blespoons chopped fresh parsle Sprinkle with freshly grated Pa mesan cheese, if desired. If servi as an entrée, toss with 1 pou cooked linguine. Makes 6 appeti servings or 4 main-dish servings.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

DESSERTS

Fresh Ginger Cheesecake p. 182
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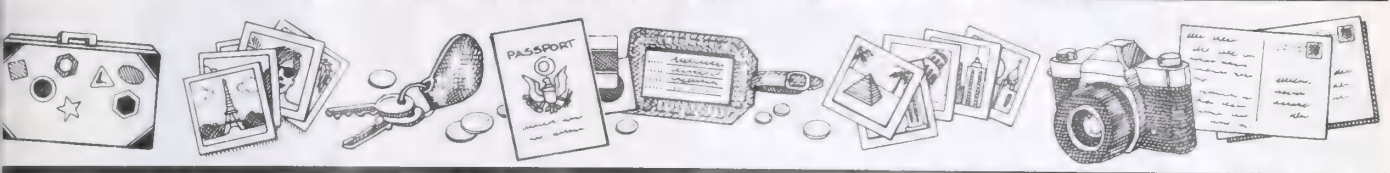
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Ladies' Home Journal

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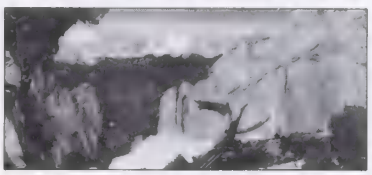
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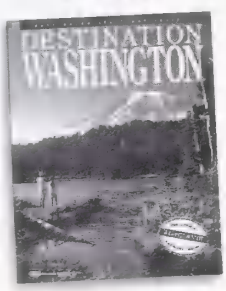
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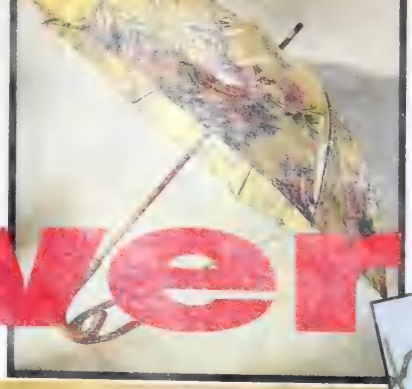


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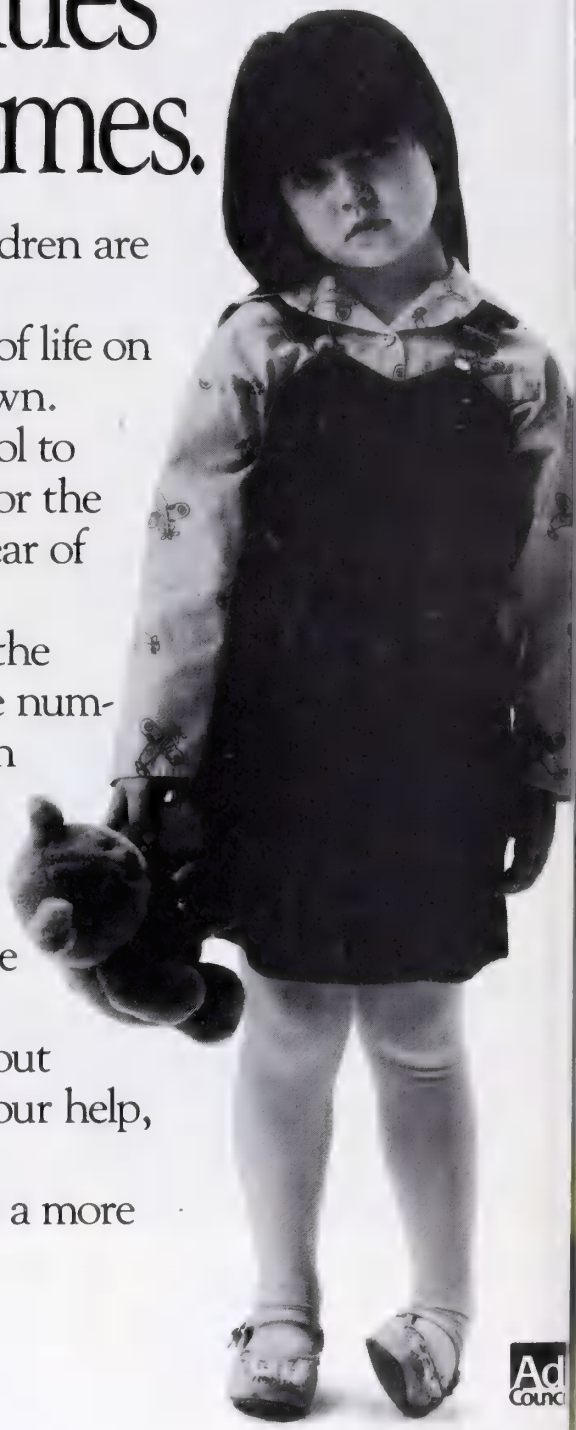
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Bill Holt

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Keeping your cats and dogs healthy and happy. By Nina Keilin



Save a life

We all know that millions of animals perish each year in shelters because they cannot find homes. Thousands in another group never even get that far: the purebred greyhounds at racing tracks around the country. At least fifty thousand are "retired"—and many put to sleep or sold to laboratories—each year when they can no longer run fast enough to earn big purses, according to the American Society for the Prevention of Cruelty to Animals (ASPCA).

But a growing movement of greyhound rescue groups is trying to change all that, noting that these graceful dogs can make great pets. "It may be dogdom's best-kept secret—greyhounds available just for the asking," says noted animal writer Roger Caras, the new president of the ASPCA, who has adopted four himself. These calm, sweet-tempered dogs are wonderful with children, according to Caras (that's Roger's granddaughter Sarah at left with *her* greyhound, Luke).

Though greyhounds are large, they won't eat you out of house and home, he says. They do need moderate exercise each day. Otherwise, "they're real couch potatoes," says Jacque Schultz, a companion-animal specialist at the ASPCA.

The ASPCA and the American Greyhound Council, which represents track owners and breeders, are jointly promoting adoptions. "Although we don't support greyhound racing, we acknowledge that it is here to stay," says Roger Caras. "In this way we hope to get as many animals as possible into good homes."

For more information, call Greyhound Pets of America at 800-366-1472.

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GETTING THERE

Amtrak and the major bus lines still don't accept pets as passengers or cargo (exceptions: assistance animals such as Seeing Eye dogs). But major airlines do.

Only small animals—such as cats and toy dogs—are allowed in the cabin. They must be able to fit in an airline-approved under-the-seat carrier. There's another catch, too: Only a few animals per trip are permitted this privilege, so reserve early.

If you have to load your pet with the luggage, you should know that the Animal Welfare Act mandates that the baggage compartment be pressurized and temperature controlled, and the ASPCA says there's been a real improvement in the safety record. However, you'll want to take precautions for proper handling in the loading area. Book nonstops when possible, and keep the animal with you until the last moment. Also, in summer, try to book night flights, when the air is cooler.

Fees are reasonable: Plan on spending $25 or so for an airline-approved crate, and about $50 each way for transportation charges. Check with your airline for any extra regulations that may apply.

Animals should not be given food or water for four hours before the flight, and tranquilizers should be used only in an emergency—they depress respiratory function. Also, make sure your pet is up-to-date on all vaccinations, and bring documents along to prove it.

AUTO TRAVEL

Make sure you have the proper gear: food, plenty of water, a chew toy, and a litter box for your cat. Keep pets crated or leashed so they don't leap into the driver's lap or bolt from the car at a rest stop. Of course, never leave your pet unattended in a closed vehicle, where temperatures can quickly skyrocket.

ACCOMMODATIONS

Most of the large motel/hotel chains allow pets; so do many smaller operations. (One major exception: Hawaii has a four-month quarantine for all animals entering the state.)

If you do stay in a hotel with your pet, help keep the privilege available for everyone by following the rules: Many accommodations require you to keep the animal in a crate when you leave the room.

For a list of some seven thousand suitable establishments nationwide, send $3 for Cycle Dog Food's booklet "Touring with Towser," Dept. LHJ, 585 Hawthorne Court, Galesburg, IL 61401. —LESLIE VREELAND



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he sexually assertive woman

tinued from page 152

havior poses a far more profound dan-
r than merely shocking the neighbors:
ychologists say that teens aren't ready to
ndle the emotional ramifications of sex
d that they're learning to relate to men
ly on a physical level.

Yet for some women in their twenties,
irties, forties and beyond, the knowledge
at they can be as forthright as they dare
liberating. Says Angela, a single thirty-
e-year-old illustrator from Philadelphia,
Women don't have to pretend we don't
ve a sexual past anymore. My mother
dn't marry until she was in her thirties,
hich was old for her day. Yet, she says,
hen she was dating she always had to
etend she hadn't slept with anyone. My
her still thinks he was her first."

Others feel that it's time for them to
ease themselves. "I think women grow
ore sexual as they age," says Betty,
irty-six, a critical-care nurse from
ooklyn, New York, who's married to
an, thirty-nine, also a nurse. "We're less
raid of not pleasing a man in bed.

"The first time Dan and I made love, I
duced him. When we got to the bed-
om, I told him very specifically how I
anted to make love. Later, he said he
d been terribly excited by how much I
anted him. In my first marriage, it took
three years to ask for oral sex."

As women get older, they also become
ss patient and more self-confident.
When I waited for my husband to initi-
e sex, I didn't have as much sex as I
anted," says Carol, who's been married
r twenty years. "Now I do. He says he
kes being asked, which I do in very
ysical ways, like unzipping his pants.
tience isn't a virtue anymore."

ke a man

or women who aren't completely satis-
d with their sex lives at home, taking
e initiative often means having an af-
r. While in years past the classic expla-
tion for a woman's infidelity was that
mething was missing from her mar-
ge, that's no longer the case. "Women
ve gained a sense of self, and they want
ore out of every aspect of their lives.
oday, they're unfaithful purely for rea-
ns of sexual excitement," says Marcella
kur Weiner, Ph.D., a psychotherapist
New York City and co-author of
ulemates: The Truth About Extramarital
fairs (New Horizon Press, 1989). Adds
nette Lawson, author of *Adultery: An*
alysis of Love and Betrayal (Basic, 1988),
's a myth that only unhappily married
men have affairs."

What women want is more sex or bet-
sex without ending their marriages—
t like many men. And now, more and
re are saying they can afford *(continued)*

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The sexually assertive woman

continued

to be unfaithful. "When I was first married fifteen years ago, I was financially dependent on my husband," says Mindy, thirty-seven, a lawyer in New York City. "I was tempted to have an affair, but I didn't. Now I make as much money as he does, and I don't make my sexual decisions based on fear of losing his support."

Like Mindy, many of the women I spoke to when researching my book, *Sexual Pleasures: What Women Really Want, What Women Really Need* (St. Martin's, 1992), seem to have adopted traditional male sexual attitudes. They have no trouble separating love and sex, thereby stilling any questions of loyalty and morality. Because these women don't believe an affair interferes with their loving relationship with their husbands, they don't feel they're betraying them.

A more satisfying sex life is also a priority for divorced and single women over forty. "I've had it with the angst of relationships," says Maria, forty-nine, a boutique owner in San Francisco. "My divorce five years ago was traumatic. I don't care that men my age are looking for younger wives. I don't want to be a wife. I am thoroughly enjoying the sexual company of a much younger man."

A male fantasy?

What do men think about this uninhibited new creature? Some are delighted. "This gorgeous woman with the shortest business suit I've ever seen met my plane," says Allen, the computer consultant. "She was a partner in an L.A. law firm, and I was there to consult on a case. She said, 'Are you married?' When I said I wasn't, she said, 'Marvelous!' That night, back at my hotel room, she was *more* aggressive. Everything was so easy."

Like Allen, over 60 percent of the men I interviewed wanted women to take the initiative—at least some of the time. Others are uncomfortable. They don't like playing what they consider to be a passive role, and they think a woman who wants sex so much isn't "good" or "nice." Also, they feel threatened—even emasculated—by such behavior. Admits one fifty-year-old man, "I don't like giving up power."

Some are shocked by a strong come-on. Sam, a forty-two-year-old newly divorced professor, was amazed when a female colleague from another college pursued him at an academic conference: She knocked on his hotel-room door early one morning, wearing nothing but her bathrobe, and invited herself in.

Sometimes, though, the verbally fearless woman turns out to be nothing but an old-fashioned tease. "I met a very aggressive woman at a party," says Bob, forty-five, a writer in Washington, D.C. "Her opening remark was, 'You look like you'd be good in bed.' But as soon as [I took her home], she turned demure. If a woman is going to come on strong, shouldn't she follow through?"

Dangerous liaisons

If women send mixed signals, it may be because they have mixed feelings about pursuit. "It's hard to know what men want," sighs Peggy, an administrative assistant in Kansas City who's thirty-one and single. "A year ago, a man broke up with me in part because I didn't take any chances in bed. Recently, I tried to get a sexual relationship going with a new man. I tried to be bold: I told him that on our next date I was going to wear a dress that was so tight, it was practically spray-painted on. There never was a next date—he didn't call. I'm more than a little confused about how to behave sexually now."

Even women in long-term relationships aren't sure how far they should go. "My fiancé wants me to be sexually assertive, and I've learned to be so," says Anne, forty, a public relations executive in New York City. "But I'm not entirely comfortable with being the seducer. It feels a little bit like paying for dinner. The old ways were easier in many respects."

Aside from the emotional confusion, there are serious hazards, as well. An attractive stranger can turn into a violent man behind closed doors, experts warn. And, of course, there's the chance of contracting a sexually transmitted disease—including AIDS—during unprotected sex.

Obviously, for many women—and men—the new sexual assertiveness is not a clear-cut issue. At its best, boldness encourages a woman to be honest with a man. If she's attracted to him sexually, she can say so—she doesn't have to be afraid to ask for what she wants. "It reflects a woman's taking responsibility for her own sexual pleasure," says therapist Herb Goldberg. Still, many women may feel—as they did during the sexual revolution of the sixties—that they're being pressured into a wantonness that doesn't suit them.

In the end, each woman must decide how assertive she wants to be. But in order to have a truly satisfying sex life, a woman must first be happy with herself. "If you're being more assertive to please your husband, are you really being assertive at all?" asks Linda, thirty-nine, a history teacher in Washington, D.C. "I'm a sexually passive person. It's no longer acceptable for a woman to be like that, at least not all the time. So I try to be wilder when he wants me to be, but I'm conflicted about it. I think that true [sexual] freedom is being yourself." ■

Susan Crain Bakos is a free-lancer in New York City who writes frequently about sex and relationships.

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Suzanne Somers

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divorce him two years later. Appearing in commercials and on TV shows (she first met Hamel in 1968 when he was hosting *The Anniversary Game* and she was the model who pointed out prizes), she made barely enough to pay the rent. "Someone once threatened to beat me up for money I owed them," she recalls, "and they were serious." She was even arrested once for passing bad checks, although the case was dismissed after she settled her debts. Desperate for money, she decided to work as a model; she even posed nude. Some pictures later appeared in *Playboy* when she became famous. Finally, she landed a lucky break: the highly noticeable bit part of the unattainable dream girl in the '57 Thunderbird in *American Graffiti*. That led to regular appearances on *The Tonight Show*, and eventually, the role of sexpot Chrissy Snow on *Three's Company*.

"When I started out, I didn't mind being exploited," Suzanne recalls. "After years of being poor, of being rejected, my self-esteem was so low that I actually participated in what we now call sexual harassment. Men were always coming over and pinching me on the rear, and I'd just laugh. All I thought I had going for me was the platinum blond, very curvy packaging, and when the packaging was noticed, I enjoyed it."

She's quick to add, "I never became a loose woman, or anything. I wasn't foolish enough to fall into that aspect of the dumb-blond stereotype. But I'd spent so many years getting to where I was, and I didn't want to rock the boat. If that meant being a sexy bimbo when people were around, then that was okay with me."

But eventually, the image began to bother her: Whether she was in script conferences, giving interviews or involved in contract negotiations, people didn't take her seriously. "They'd pretend to listen, but they weren't. When people looked at me, all they saw was the hair, the curves, the big bosom."

Suzanne put up with it for three seasons, then asked the producers to make changes in Chrissy's character, to give her some depth. They refused.

"That bothered me a lot," she says. "I was learning to respect myself, but all they saw was the figure, a girl that was easy to sell to the public—cute and cuddly, and unthreatening because she was dumb. It was insulting."

To get their attention, Suzanne gave them some different figures to study: With Alan's full support, she told them that if they wanted her back for a fourth season, they would have to raise her salary from $30,000 an episode to $150,000—far more than the other stars of the series were making.

Not only didn't Suzanne get the raise, she got the boot, and was replaced by Jenilee Harrison, another shapely blond actress. Labeled as "difficult," Suzanne was unofficially blacklisted in TV. "That was a real turning point in my life," she says. "I was thirty-five years old and unemployed—some people said I was unemployable after what I did. But for the first time in my life, I felt like an adult. I could look at myself in the mirror and feel *pride*. I knew I'd done the right thing."

After being fired, Suzanne says, "I was more determined than ever to make it, to show people that I wasn't a bimbo. After so many years of struggling, I'd gotten my foot in the door of this business, and I wasn't about to just slink away.

"You're telling me I can't work in television anymore? Fine. I still have my visibility. I'll take it somewhere else. I can sing. I can dance. You're telling me I'm lousy on stage? I'll change that. I'll get good at it. The important thing was, I never despaired. I never thought, Poor me. Coming from the background I did, I wasn't going to let anyone but *me* determine what I was worth. I wasn't going to hide in a closet anymore to escape someone's wrath."

"Good times and bad, I've enjoyed growing into the woman I am today," says Suzanne. "I even look back on those 'bimbo' years as a time of growth."



The metaphor isn't as casual as it seems. As Suzanne wrote in *Keeping Secrets*, her father, Frank Mahoney—a San Bruno brewery worker who had a second job at a liquor store—was an alcoholic who became violent and emotionally abused his four children and his wife, Marion.

"My father drank because his life hadn't turned out the way he envisioned it," Suzanne explains. "There wasn't enough money. There wasn't enough time for everyone. He'd start drinking in the morning just to calm his nerves. I know he didn't want to hurt us, but he just wasn't in control. I'd hide in the closet to avoid him, or I'd go to sleep and fantasize about being a star—even though I didn't see any way that I'd ever become one.

Some alcoholics try to bring everyone down to their level of self-loathing, s thought I was just the most stupid, use person there was."

Though Suzanne herself never dra ("It's a mystery why I never started," admits), her older brother and sister came alcoholics, and her younger bro er, who was the last family member leave home, ended up with a drug a alcohol problem. She says, "We'd vowed we would never drink, but it's something you can really control wl you have all those feelings of fr tration—when you can't control pec or the environment, when you can't your finger on happiness."

In 1976, Suzanne's sister, Maureen, the first one to seek professional help; other family members followed. All, says, have remained sober ever since. despite her pride in their accompli ment, Suzanne found herself unable tell her father she forgave him for all h put the family through.

Then, one day in 1986, she came to realization that she needed to tell her ry. While vacationing, she visited a c in the New Mexico desert and had w she describes unashamedly as a "spiri experience." She doesn't think she there in a past life, but says, "When I in that cave, I sensed there was so thing familiar about it. Whatever was ing on, something opened up inside me. I went back to the hotel, and I w up at three in the morning, picked u pen, and wrote for five hours. And w Alan got up, he said, 'What are you ing?' I just started to sob, and after h held me for a while, he read what written. All he said was, 'You'd be continue with this.'"

Although Suzanne had been in ther before, this was her first attempt to c front the past on her own. "Over the n year and a half, for ten hours a da would write. I really hated crawling b into my old skin every day, experienc those feelings of insecurity and pain, it was necessary—not just for me, but my relationship with my father. I hac go through the process of writing book to get to the point where I co have compassion for him."

When she was done, Suzanne sho the manuscript to her family. They w very moved by it, and, Suzanne says, " parents, sister and brother all felt tha should be published. It brought *us* cl together, and they hoped that it co help other alcoholic families the sa way." It has. "So many people have t they see themselves in my story, anc many of them say they were suffer from the same kind of repression I w through. Reading my book would pop a memory that they'd pushed down sc they hadn't realized it was there," says. The book and TV movie spar



thousands of letters, and for the last two years, Suzanne has spent her free time giving lectures nationwide.

She welcomes the chance to share her experiences—and likes to show fans how she's grown over the years. "Whether it's life or your career or your marriage, you're always learning. Even the bad things teach you—*especially* the bad things. I learned from my own childhood how to raise my son, to give him confidence, to tell him, 'Gee, you must be so proud of yourself' or, if he'd fail at something, to say, 'You'll do better next time' or 'I like what you tried to do there.' From being abused, I discovered how to nurture.

"Alan and I have also learned from one another. When we first got married, I was this kind of dopey thing who felt lucky to be with him, and he treated me accordingly. But as I matured, my attitude was more and more, 'You can't treat me like that.' We reached a place where there was mutual respect and communication, and became even *more* right for one another."

Her new attitude has also helped make *Step By Step* a success and pushed it to the top 30 of the Nielsen ratings. "I love this show, and I simply could not ask for anything better than the elements I have here, especially Patrick [Duffy, her co-star]. We clicked the minute we met. We really like one another, and he never loses his smile, no matter what kind of pressure we're under."

Do the long hours ever get to her? "Never," she says. "This is so much easier than being on the road. Three years ago, I did five hundred stage shows in one year. *That's* exhausting."

Suzanne has enough energy left over these days to begin a career as an entrepreneur; her inaugural venture is the Thighmaster, a portable exercise product.

While Suzanne and her product have been the subject of a lot of jokes, this time she's laughing, too. "I found that with the forties comes maturity and wisdom," she says, then adds, with perfect comic timing, "but it's also accompanied by a lack of elasticity, particularly in the inner thighs." Suzanne says she uses Thighmaster herself (she swears that the only other "secret" to her great shape is hiking), and it's been so successful that more people probably recognize her from advertising the product than from anything else.

Suzanne likes business so much that she's looking into other commercial enterprises: At the moment, she and her fashion-designer stepdaughter Leslie are planning a clothing line. (And just to keep everything in the family, son Bruce has directed his mother in public service announcements for the Charter Hospitals, while stepson Stephen, a photographer, takes some of Suzanne's publicity photos.)

"Good times and bad, I've enjoyed growing from the little girl with lofty dreams to the woman I am today," says Suzanne. "I even look back on those 'bimbo' years as a time of growth." She adds, smiling, "My life has been very fulfilling, and I can tell you something I never thought would be true: I'm really looking forward to the second half." ■

Jeff Rovin is a contributing editor to LHJ.

SUZANNE'S MESSAGE OF HOPE

Suzanne Somers, the child of an alcoholic parent, knows how tough it can be to survive in families with serious problems. To hear her message of hope, and to find out where you can get help if you're faced with domestic violence, child abuse or alcoholism, call 900-903-5445 between 8 A.M. April 20 and 11:59 P.M. May 10. Each call will cost 99 cents.

Sponsored by Ladies' Home Journal, New York, NY.

LHJ spa getaway contest

continued from page 65

OFFICIAL RULES

1. Complete the entry form, print or type, making sure to include all information and your signature. Attach the following to the form: a description of your best hair or makeup beat-the-heat beauty tip and one proof of purchase from one of the following merchants: Banana Boat, Good Seasons For Fat Free Dressing, Jelly Belly Jelly Beans, Levi's Women's Dockers, National Dairy Board Council (any-brand dairy product).

2. Mail entry to LADIES' HOME JOURNAL, Spa Getaway, 100 Park Avenue, 3rd Floor, New York, NY 10017. All entries must be received by June 15, 1992. No responsibility is assumed for lost, late, incomplete or misdirected mail or printing errors (see #1). The prize awarded in any prize-notification letter returned as undeliverable or not responded to promptly shall be awarded to an alternate winner. One entry per family or household allowed.

3. The contest is open to any resident of the U.S. who is 21 years of age or older except employees and their families of Meredith Corporation and of Banana Boat, Good Seasons For Fat Free Dressing, Jelly Belly Jelly Beans, Levi's Women's Dockers, National Dairy Board Council (any-brand dairy product) and their agencies, affiliates and subsidiaries.

4. Included in the prize: one week's (7 days, 6 nights) vacation for two at Spa LXVI Resort Club at Pier 66 Resort and Marina, in Fort Lauderdale, Florida. Approximate retail value of spa getaway is $2,400. Included: room, during a time convenient for hotel; 2 half-hour private fitness classes; 2 one-hour body massages; 1 herbal wrap; a one-hour facial; one glo-loofah treatment; use of all facilities, which include outdoor pool, indoor and outdoor whirlpool, weight room, showers, lockers, robe and towel. Round-trip airfare to and from Fort Lauderdale, Florida (winner is responsible for transportation to and from the nearest major airport), also included. Winner and travel companion must sign travel liability release. All personal expenses are the sole responsibility of winner. Some travel restrictions may apply. Trip must be taken and completed by December 31, 1992.

5. All entries and materials submitted become the property of LADIES' HOME JOURNAL and will not be returned or acknowledged. The best beat-the-heat beauty tip will be judged on content, clarity of expression, interest to our readers and general appeal. Entries must be original and not previously published. The winner will be selected by a panel designated by LADIES' HOME JOURNAL. All decisions of the judges are final. We will enter into no correspondence or phone communication about the contest or the judging. LADIES' HOME JOURNAL reserves the right to edit the beauty tip.

6. Winner will be selected and notified by mail by July 31, 1992. The winner must consent to be available at the request of LADIES' HOME JOURNAL to participate and render services in photography/taping sessions and media interviews. She also agrees by entering the contest to grant LADIES' HOME JOURNAL the right to use her entry, name, photos and voice in connection with editorial, public relations, promotional and advertising purposes. Winner must sign an affidavit of eligibility, a release consenting to the use of her name and photo and a statement confirming the rights of LADIES' HOME JOURNAL to the beauty tip.

7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of winner. Prize is not exchangeable or transferable. No substitute of prizes except at the discretion of LADIES' HOME JOURNAL. Sponsors assume no responsibility or liability for damages, losses or injury resulting from acceptance or use of this prize. No proof of purchase necessary for residents of Arizona, Maryland, Massachusetts and Vermont. For winner's name, send a separate self-addressed, stamped envelope after August 14, 1992, to LADIES' HOME JOURNAL.

LHJ Spa Getaway Contest Entry Form

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Occupation_____

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Life without Michael

continued from page 147

him in every room and his clothes are still in his closet, just as he left them. This is where Michael most loved to be. I expect him to walk through the door any minute. Sometimes, especially when I go up to bed at night, I wish he was waiting upstairs and we could just sit down and discuss the day's events.

I first met Michael when I was nineteen and hired as a stand-in on *Little House on the Prairie*. Seeing the way he treated everybody, I developed a terrible crush. He was handsome, brilliant—and married. After a while, I noticed him watching me on the set. I didn't know then that he and his second wife, Lynn, had grown apart.

One night, two years after I'd joined the show, he came to my apartment after a party on the set. From that moment on, we were wildly in love.

The divorce was painful for all of us. I often wish it were different, but to this day, my relationship with Lynn is distant. The kids, on the other hand, have been great. Shawna and Chris, who were seven and four at the time of the divorce, are like my own. The older ones are now my good friends.

Michael and I were married on Valentine's Day, 1983. As a husband, he was the best—strong, caring, supportive, witty and fun to be around. Michael was also a homebody. Every day before he left the studio he'd call and ask what we needed from the market. He'd show up with a bag of goodies in his arms. Michael loved to cook, and on many nights he'd take over the kitchen. His specialties were Italian dishes like spaghetti with sausage and chicken cacciatore.

He was as good a father as he was a husband. I used to love to watch him with the children, especially on vacations. In Hawaii, he taught them to skip stones across the water and got as excited as the children did when they discovered a beautiful shell or a tiny hermit crab. He would spend hours, literally hours, playing in the ocean with Sean and Jennifer. Everything was just so perfect. Michael loved our life, his work. He'd always been incredibly healthy. We were looking forward to growing old together.

Then last February, he began having abdominal pains. It was always tough to get Michael to see a doctor. Finally I made an appointment, and he was examined for an ulcer. Nothing was found, but they put him on some medicine that helped for a while.

In early April the pain resurfaced. Four days later—April 5—we had the results of a biopsy: pancreatic cancer that had metastasized to the liver.

Looking back, I now believe Michael knew even then that he wasn't going to make it. Pancreatic cancer is swift an lethal, with a five-year survival rate c only 3 percent. I was angry, stunned. Wh was this happening? Michael looked at more pragmatically, as he did everythin in his life. From the moment he was diag nosed until the day he died, he was neve angry. Once he told me, "It's not Go who does it. It's the disease. God doesn give you cancer." For Michael, deat wasn't something to fear, but he didn want to die. He didn't want to leave every one he loved.

We leveled with the kids from the be ginning. Michael and I called the olde children to tell them what was going o and then we sat down with our two litt ones. We told them that Daddy had can cer, a very serious type of cancer, and tha Daddy was going to do the best he coul to fight it, but there were no guarantee Sean was very calm. I'm not sure he reall understood. Jennifer, too, seemed to tak it well, but later there were indication she was suffering inside—stomachache headaches and anxiety attacks.

These first moments were before th storm, the hurricane of media that su rounded us as soon as news of Michael disease hit the press. Photographer staked out our home and the hospita They were climbing over our walls an peeking in our windows. The tabloic came out with bizarre stories. Almost ev ery week there was a new fabricatio Once they said Michael had only fou weeks to live. Another time they claime the cancer had spread to his colo Neither was true. At the same time, th public responded with compassion an love. We received a flood of letters-twelve thousand a week. Michael wa deeply moved, and he told me, "This the first time I've realized how many liv I've touched."

In less than a month, the cancer do bled in size. For the first time, I thin both of us realized Michael was probab going to die. That afternoon we held eac other. I lay my head on his lap and crie Michael stroked my hair and whispere "I know, I know."

Although he had resisted at firs Michael finally agreed to undergo exper mental chemotherapy. He hated the ide and I don't think he would have done it it wasn't for the children and me. He w making a final effort to survive.

Michael's health continued to deteri rate, however, and by Father's Day, Jun 16, it was obvious to all of us that w wouldn't have him with us much longe In past years, we bought Michael gifts lik tennis rackets. This year there were paj mas and beautiful homemade cards. Th whole family showed up to see him.

Shortly after Father's Day, Micha told me that he only had a week to liv That last week, Michael's health conti ued to fail. Then, on Sunday mornin



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une 30, the nurses told me they believed he end was near, so I called the children nd Michael's best friends to the house. ince the doctors had increased his mor- hine and Percocet, Michael was drowsy nd drifted in and out of consciousness. hroughout that last day, each of us said ur private good-byes and let Michael now that it was okay. If he was ready to ie, it was all right to let go.

The next morning, Michael was in a reamlike state, and we were all in the edroom again when he suddenly sat up n bed and said, "Hi. I love you guys." hen a little while later, Michael asked e others to leave so we could be alone. ooking back, I believe he was ready to ie, and he really didn't want it to happen n front of the whole family.

I stayed with Michael, waiting for the evitable. Sometimes he would drift off nto almost a trance. At one point I asked im, "Do you know who I am?" He ooked at me and answered, "Yeah." I aid, "I love you." He answered, "I love ou, too." Those were his last words. A oment later he stopped breathing.

I felt stunned and stayed with Michael r a little while before I went downstairs tell the others that he had died. There as, however, little time for contempla- on. As if they somehow knew, we heard e swirl of helicopters overhead as the ress circled in. Suddenly we heard screaming outside. Jennifer had climbed to the top of the swing set and was shouting, "Not my daddy. Not my daddy. I don't want my daddy to die." I told the others to let her be, because I wanted her to be able to get it out. Soon she climbed down and was sobbing in my arms.

A while later the undertaker arrived. When they carried Michael's body out, I knew he was never coming back. That was the finality of it—Michael was gone.

That night, both the children slept with me. Jennifer and I wore two of Michael's shirts to bed with us. I felt like I didn't belong anywhere, like I just didn't fit in anymore. I was completely lost, lonely.

The best thing I could do was leave, so I took the kids away for four weeks in Hawaii. We went to a place Michael and I loved. It was hard, because he wasn't there. But it was even tougher coming home, knowing that Michael wouldn't be waiting for us.

We're getting better, but it all takes time. The children still sleep with me sometimes, though not as often as in the beginning. They just seem to need to be hugged more often. And I continue to have some very difficult moments. A few days ago, I was on the expressway and got off at the wrong exit. I ended up at the studio. That was where the children and I would go to visit Daddy. It was such a part of our lives. But Michael is gone, and all of our lives are changing.

For the most part, I've tried to go on with my life as Michael asked. Recently, I've even considered dating a little sometime soon. Nothing serious, but maybe to a movie or dinner. I would definitely love to get married again someday. I have to admit that it will be difficult not comparing every man I date with Michael. Part of me believes that the type of happiness we had doesn't often come more than once in a lifetime. I always used to say to Michael, "God, I'm so glad that we're married. I never want to be out there single again." And here I am a single person.

It's odd, but before Michael died, I was frightened of death. I used to worry about illness or sometimes just getting on an airplane. Now I'm no longer afraid. It's like, hey, life is too short. You never know, so you'd better make the best of it.

When I think about Michael, what I remember most is how he relished life and how fiercely he loved his family. Ours was a good marriage: Michael was always there for me, and I was always there for him. He told me once, after he'd been diagnosed, that win or lose he could handle whatever happened. He said, "I've had an incredible life, great happiness." I miss Michael every day, but I know wherever he is, he's happy and well—and that someday I'll see him again. ■

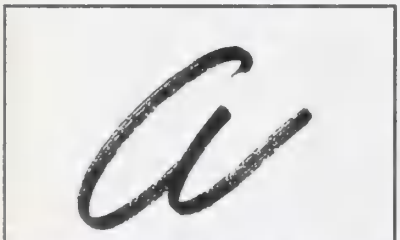
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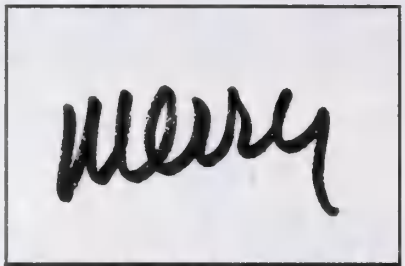
How can your writing reveal secrets that even your spouse or best friend doesn't know? Because your deepest feelings are all there in black and white. Everything from the shape of your letters, to the size of your margins, the way you cross your *t* and dot your *i*, the pen you choose and the pressure you exert has a special meaning. "Writing



AN OPENING IN YOUR *A* LOOPS CAN INDICATE GENEROSITY, OR SOMETIMES WASTEFULNESS, DEPENDING ON OTHER ELEMENTS IN YOUR HANDWRITING

styles are like fingerprints," explains Carlos Pedregal, an internationally renowned graphologist and psychologist. "No two are alike. That's because in each of us, our personality structure and the emotions we experience provoke reactions that translate into muscular movement. Just as an optimist, for example, walks with a firm stride and his head up, so will that attitude be reflected in his penmanship. Graphologists are trained to perceive the personality traits and mood fluctuations that cause an individual to write the way he does."

The entire combination of traits has to be studied for an accurate analysis, he adds. Not everyone who dots an *i* with a circle is childish, for example; in conjunction with other factors, this habit can also be a sign of creativity. A small *d* with one tall, straight stroke may mean integrity—or in some cases, a tendency toward snobbishness.



SMALL *M*'s AND *N*'s THAT LOOK LIKE *U*'s MAY MEAN TOLERANCE AND UNDERSTANDING—OR, IN COMBINATION WITH OTHER TRAITS, THEY COULD REVEAL A SUBMISSIVE PERSONALITY

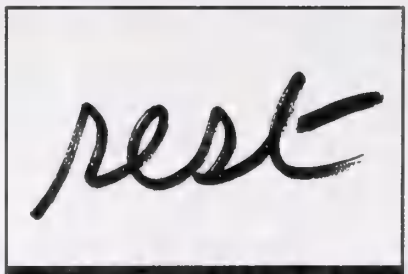
In all, a graphologist will study more than three hundred aspects of your writing in order to profile your dominant characteristics—a good analyst can even determine if two people are compatible. Seem incredible? "The analysis of a person's writing is a kind of very basic personality test, not unlike a Rorschach," says Pedregal. "The unconscious personality shows up in how an individual has personalized his writing, rather than in his reading of an abstract design. A complete handwriting analysis can offer a clear view of a person's daily behavior, his emotional state and how he reacts to and interacts with the world around him."

It's true that our handwriting is, in part, a reflection of what we were taught in school. But the degree that our writing deviates from the model used to teach us is what reveals our personality. And while illegibility may have irritated your teachers, to a graphologist, it's often a sign of individualism and self-confidence.

Graphology has been around since the Renaissance, and is recognized as a valid social science in Europe. Americans have been slower to accept it, but in recent years, graphology has been achieving the credibility that experts say is long overdue.

Looking for a new job? Don't be surprised if your potential employer asks for a handwriting sample. Those tell-tale rounded loops and open *a*'s could reveal more about you than the best-written resumé. Since experts claim that handwriting never lies, it's not surprising that an estimated three thousand companies have been reported to use graphology as a hiring tool. It's even being used by lawyers to select jurors, banks to detect forgeries and verify signatures and marriage counselors to help couples overcome their problems.

Still, most people are simply intrigued by the idea of learning more about themselves or about their friends and families. What hidden personality traits does *your* handwriting reveal?



A *T* CROSSED APART FROM THE STEM AND TO THE RIGHT OFTEN POINTS TO A SPIRIT OF INITIATIVE. THEN AGAIN, THIS COULD ALSO BE A CHARACTERISTIC OF IMPATIENCE

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Copy the letter at right, composed to give Mr. Pedregal and his staff the information eded to do the analysis. Use a ballpoint or fountain pen and write in the space vided or on a sheet of unlined writing paper. Write the way you normally do, and n sign your name.

Send the entire page along with a check or money order (each analysis costs $12, is $2 postage and handling) to: GRAPHOLOGY OFFER, 51 Rose Lane, P.O. Box 43, Medford, NY 11763. Orders must be postmarked by June 30, 1992.

Dear Mr. Pedregal:

What can you tell me about my personality from my handwriting? My interest is in finding out about my drives, my strengths and struggles. My regular handwriting looks like this, and I did not try to write especially neatly. Many thanks for giving me this opportunity to know myself better.

(Signature)

Don't forget your signature. If you use two different signatures, please include both. Be sure to send the entire page.

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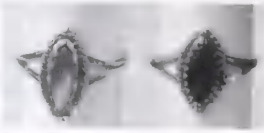
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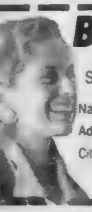
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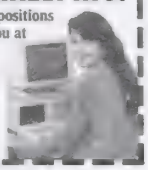
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The Queen and her mum, above, bear a royal resemblance, right down to their clunky handbags (What do they carry, anyway?)



Left: Cybill Shepherd's darling Clementine dazzles at age eleven

Shining two, below: Melanie Griffith and her mom, actress Tippi Hedren, sparkle plenty





Literary ladies, above: editor Jacqueline Kennedy Onassis and author Caroline Kennedy Schlossberg



Misses America, above: Singer Vanessa Williams reads to four-year-old Melanie Lynne

Uptown girls, right: Six-year-old Alexa Ray has the hand of mom Christie Brinkley...now she's working on her smile





Tandys are dandy, above: Oscar-winner Jessica and daughter Tandy Cronyn

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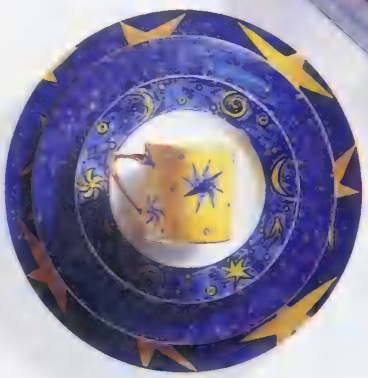
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in the news

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With the cost of health insurance rising at an alarming rate, many people are paying more and getting less. Here's what you must know to protect yourself and your family. *By Katherine Barrett and Richard Greene*

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Murder is in the headlines more and more these days—and it's not just serial killers like Jeffrey Dahmer who commit these crimes. What drives someone to kill? *By Kathryn Casey*

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105 • THE LOVE LIFE OF THE AMERICAN WIFE, 1992
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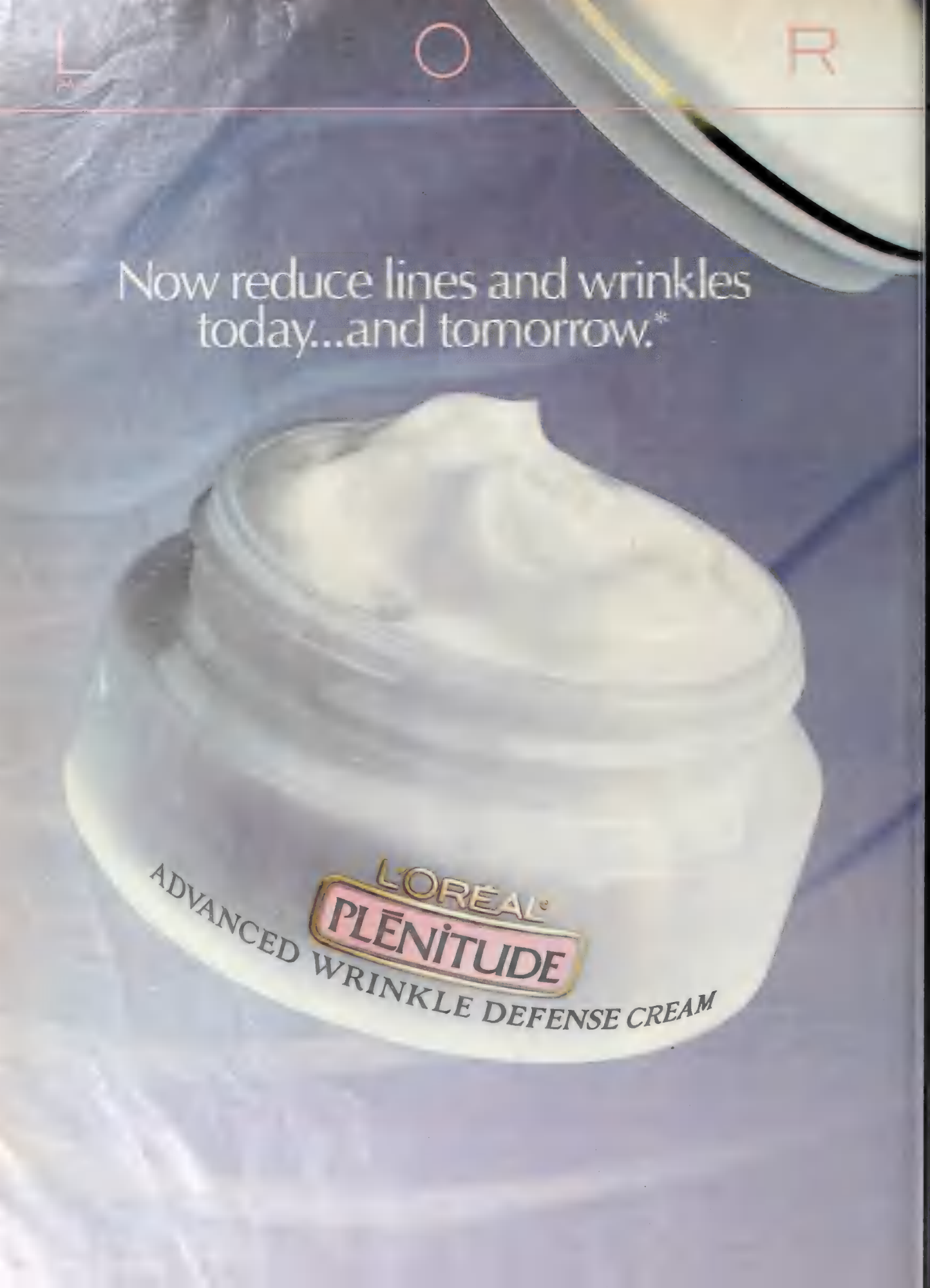
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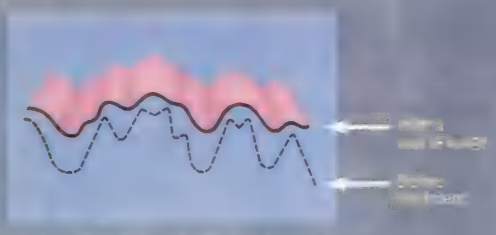
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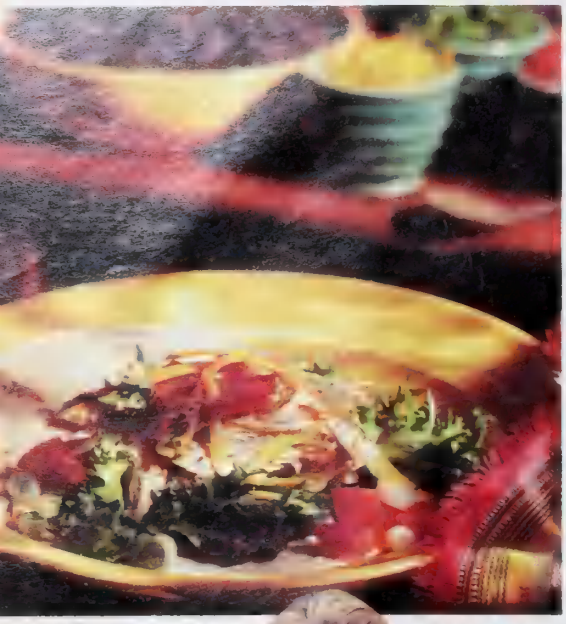


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SUMMER PARTY FARE



CHECKING IN

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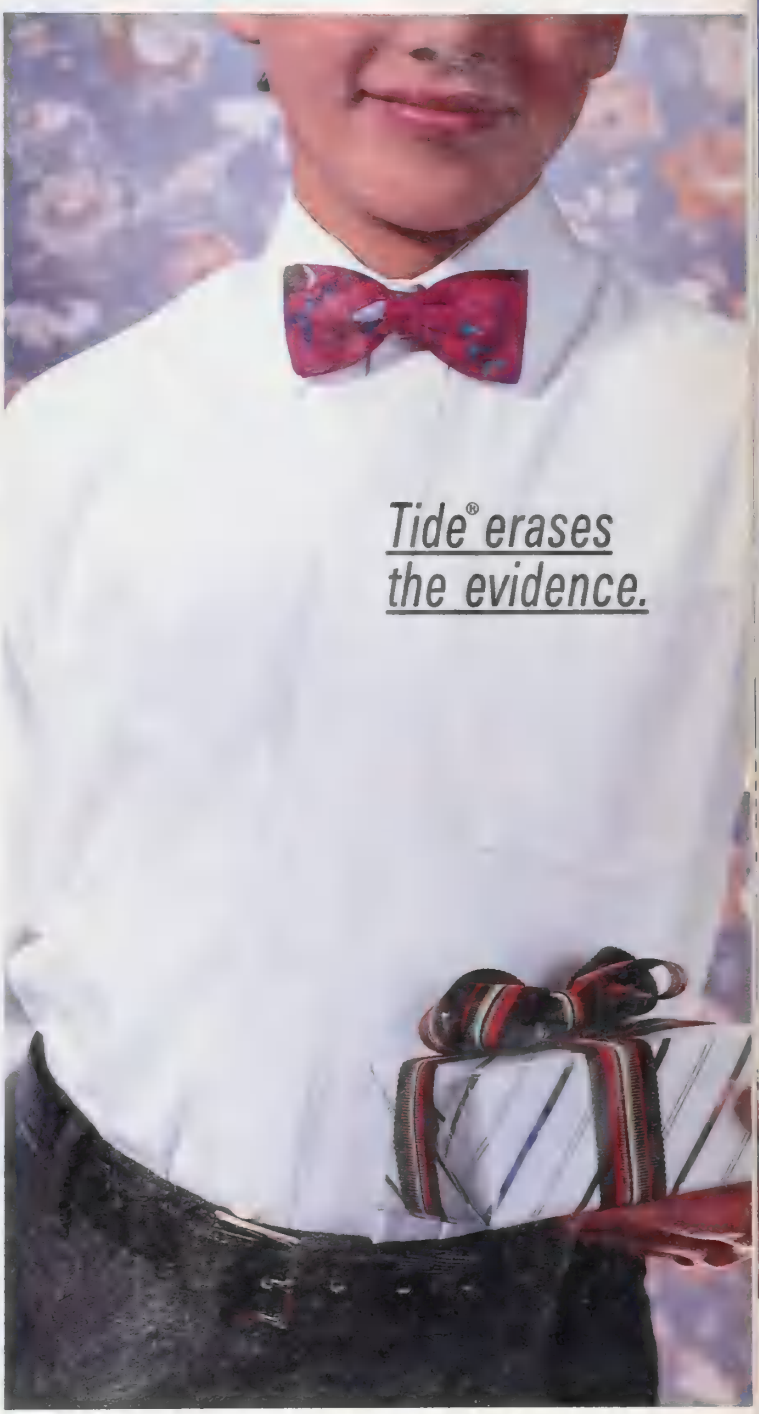
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Cover photo of Michelle Pfeiffer: Deborah Feingold/Outline. Cover inset photos: Patty Duke, Tony Costa; Arnold Schwarzenegger, Trippett/Sipa; Garth Brooks, James Schnepf/Gamma-Liaison. Photos, this page, from top: Mark Thomas, J. Hill.

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Sharing secrets



Do you remember when you really had time to talk to your friends—and how much you enjoyed just talking? I think most women love a leisurely lunch with a pal when both of you can share your feelings, concerns, even secrets.

The only trouble is that I, probably like you, hardly have any time to see friends these days. And even telephone calls, just to say hello and make sure everyone is okay, are often rushed.

But, oh, I miss these sometimes silly but often significant and helpful conversations. Don't you?

That's why it is important to me that there are always features in *Ladies' Home Journal* that talk to you as a friend would about a personal experience or the latest useful information—perhaps a great new diet or how she got through a health-insurance ordeal. This month, we do just that.



AFTER YEARS OF SUFFERING, PATTY DUKE FINALLY KNOWS WHAT IT'S LIKE TO FEEL NORMAL

Best of all, a friend would tell you the most important stories of her life. In this issue, besides the intimacy of our regular monthly columns "Can this marriage be saved?" and "A woman today," two articles have this same special sense of sharing. First, actress Patty Duke, in an excerpt from her strong new book, *A Brilliant Madness*, tells you about her struggle against mental illness. There is also our piece "Love and sorrow," about women and AIDS. The article is based on letters we received from readers who are coping with this devastating disease. These readers wrote to us in response to our February "Woman to woman" feature, which was written by a woman whose husband has HIV. They read her story, and they wanted to tell their own.

These days, it seems that women are having very personal, very profound conversations with each other through the pages of *Ladies' Home Journal*.

Myrna Blyth

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"He thinks I'm no good in bed"



BY MARGERY D. ROSEN

KAREN'S TURN "I know it must seem silly coming to see a marriage counselor when we're not even married," said Karen, thirty-two, as she sat stiffly on the couch, "but we've been living together on and off for almost ten years. We just can't seem to take that final step.

"You probably think I'm crazy. This sweet, funny, smart man is in love with me—and I'm miserable. I met Richard through my roommate, Susie, a few months after I graduated from college. He was finishing his MBA.

"The chemistry between us was incredible. I thought Richard was everything I was looking for in a man. And we complement each other. I'm quiet and shy; he's a real extrovert. Even though his parents moved to Florida three years ago, he's still very close to them and to his younger brother. He's forever regaling me with stories about his dad, who was always trying to buck the system, though he never succeeded in any of his crazy schemes. Richard likes to think he's the same kind of free spirit.

"At least Richard knew his parents loved him. I can't say the same for me. I'm from a small town upstate, the middle child in a family of three girls. My father was a salesman, and I should tell you this right up front: He's an alcoholic. Though he went cold turkey five years ago, I will never forget how, almost every night, he'd come home falling-down drunk. My mother would become enraged. It was terrifying to watch.

"Now I can understand how angry and resentful Mother must have been. She was a nurse at the elementary school, but her income was barely enough to support us. She tried to pretend that we were one big happy family, but everything was always overshadowed by this fear of what was going to happen next.

"My parents were really strict with us. I used to wake up early in the morning and want to jump right out of bed, but they'd never let me, even to play quietly in my room, until seven A.M., when they got up. They thought I'd get into trouble. Even now I can't talk to my parents.

"Anyway, I was telling you about Richard. One thing I don't like is that he can be terribly dominating and critical; I find it hard to stand up to him. I'll give you a for instance: *(continued)*

THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF JANE GREER, D.S.W., A PSYCHOTHERAPIST IN PRIVATE PRACTICE IN DOUGLASTON, NEW YORK. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

WHITE DIAMONDS

ELIZABETH TAYLOR



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Can this marriage be saved?

continued from page 10

Richard likes to cook, and I admit he's quite good. But if I'm getting dinner ready, he'll march into the kitchen and shout, 'That flame is too high,' or 'That's not how you defrost a chicken,' in this cutting tone that makes me feel about nine years old.

"For the most part, though, we have a terrific time together. Richard has a sarcastic but witty sense of humor, and he's interested in so many things I'd never even think about doing on my own. Because of him, I now love photography, and we often spend the whole day taking pictures in the park. And though Richard has never been very athletic, I've convinced him to join a gym so we can work out together. Sometimes we just order in Chinese food and watch old movies on TV. Almost everything has been just great.

"Except our sex life. Richard says that we're not sexually compatible, that we don't make love as much as we used to, and he misses the passion and the fireworks. I think our sex life is fine, but as far as he's concerned, we should make love all the time, everywhere, a million different ways. His favorite time, by the way, is in the morning, and he gets furious because I like to get up early and get to my office by eight. I'm a buyer for a department store, and I need to get in before everyone else so I can figure out what I have to do before the pressure starts. That way, I don't have to stay late all the time.

"Richard calls me uptight. Maybe I am. But even when I've enjoyed sex, Richard manages to ruin it for me. Inevitably, he'll say something like, 'Well, it could've been better,' or 'I know you didn't really enjoy yourself.'

"Maybe I'm just not as attracted to him as I used to be. I respect a man who's a decision maker, a man who knows what he wants and how to get it. But when it comes to his career, Richard is totally out of control. When he finished business school, he had all these plans about starting his own company, but for the past few years he's been bouncing from one corporate job to another.

"You know, he's very creative. I see him working at home on his own projects—scriptwriting, poetry—and I know that's what he wants to do, but he still clings to a numbers-crunching job he hates. I wish he'd put half of the gusto he puts into sex into his job search. How will we ever have enough money to raise a family? Meanwhile, I can't help wondering if he's really the man for me.

"The final straw came a few weeks ago. For the umpteenth time, we started talking about getting married and having kids. I'm not getting any younger. I wanted Richard to move in permanently with me, but again he refused. Though basically all his things are at my place, his 'official' residence is his family's old apartment, and he claims he still needs to have a place to go. But after so many years, if he's still not ready, I wonder if he ever will be.

"The ridiculous thing is, we really love each other. In so many ways we're perfectly suited; I can't imagine spending my life with anyone else. I feel there's a secret door, and if we could only find the key, we'd figure out what's wrong with our relationship and then live happily ever after."

RICHARD'S TURN "I'll tell you what the problem is," said Richard, thirty-two, a short man with curly brown hair and wire-rimmed glasses. "The problem is sex. For Karen, sex is an out-of-body experience. She hardly ever has an orgasm. She's always thinking and worrying about the next thing to do. When we make love, I can tell she's not there with me in bed; as soon as we're finished, she pops up, throws on her clothes and gets out the door as fast as she can.

"I know she doesn't really have to get to work that early. Karen's this self-imposed type-A personality. She always thinks she *has* to, just like she thinks she has to be at the beck and call of every sales manager in her office, no matter how late they ask



CPI 1992

ıer to work. They even call her at eleven-hirty at night! She's so busy with every-hing else, she's totally unavailable to me.

"Especially in the bedroom. I'm a pas-ionate guy, and I love making love to ıer. We used to have great sex. But Karen efuses to experiment. She's so unsponta-ıeous. It's very frustrating.

"When I try talking about it, she brush-s me off with a comment like, 'Richard, ve're just different, that's all.' She says 'm oversexed and wasting time by want-ng to have sex. Since when is sex wasting ime? Karen can never relax. That's one eason I'm afraid of making a real com-nitment. I can't help thinking that if our ex life is terrible now, how will it be after ve're married? The bottom line must be hat she's simply not attracted to me.

"By the way, it's not just sex Karen has rouble talking about. She never talks, pe-iod. I can always tell when she's upset, but he could be positively churning inside, nd when I try to drag the problem out of ıer, all she'll say is, 'Nothing's wrong.' Of ourse, later on, there'll be this outburst. She's a trauma case. Her whole family is. They're all coiled tight as springs.

"My dad was a sales manager for a toy ompany, and he had this incredible en-husiasm and imagination. He's a dream-er, always trying to find some new way to nake money—just like the guy on *The Honeymooners*. I adored him, even if he did order me around a lot and even though, when he was upset, he could close you off completely.

"My mother was a housewife—Miss Reality, criticizing Dad all the time, telling him to get his head out of the clouds and settle down.

"I love my parents very much, and I remember worrying as a kid that my father might leave. My folks fought a lot, and Dad threatened to walk out all the time; once, when I was about eleven, I knew he was serious. He was practically in the elevator of our apartment building when I cried and begged him to stay.

"I was a real achiever in school—an editor of the paper, an actor in school plays, a writer for the comedy review. Nothing athletic, but always involved. My parents may have fought with each other, but at least they encouraged me.

"Right now, I'm torn between wanting to do something on my own and wanting to succeed. I know my dad would have made it if he'd only had the right business credentials, so I went to a top business school and got a degree in economics. But to this day, I wish I'd majored in English and become a writer. This little voice inside tells me I hate working for a large, anonymous company.

"Anyway, socially, I was always insecure. I didn't date much. When I met Karen, I fell madly in love.

"Look, maybe we love each other but just aren't right for each other. Can't that happen? Karen wants someone who's in control of his life. How can we have kids, she says, if I'm nowhere financially? I want to have children, too, but lately she's putting so much pressure on me to figure out exactly what I want to do, and it's making me nuts. I can't operate according to her schedule; I look at my life and career as one of exploration, trying on different things until something fits.

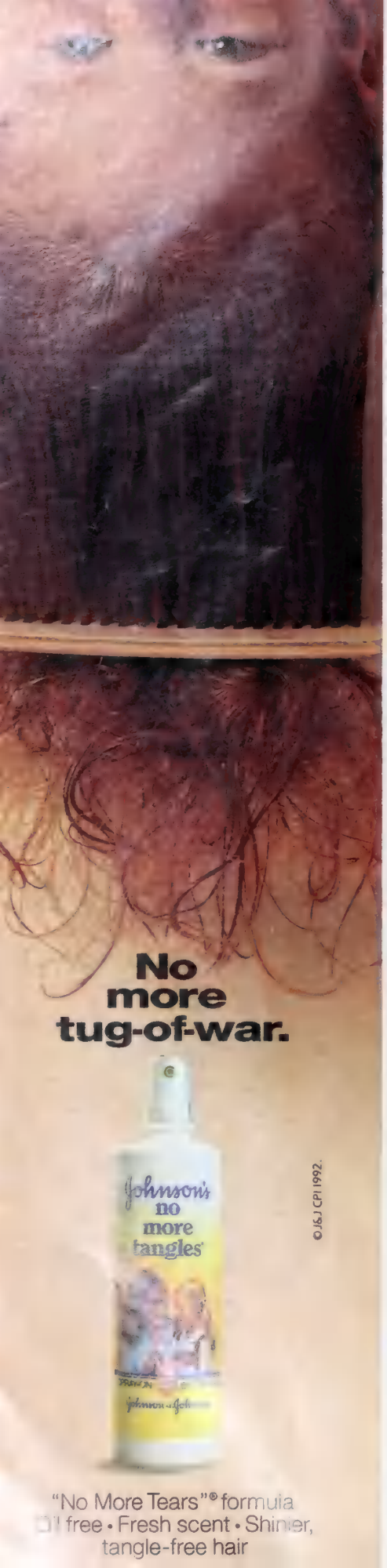
"I admit I've made mistakes—plenty of them—but I'm learning. There's no room for that in Karen's life. She's afraid I'm going to be like my father. Sure, I wish I were doing better. But it would be nice if the woman I love was a little supportive and didn't go into a panic every time I thought about changing jobs.

"But like she said, there is so much about our relationship that *is* wonderful. There must be some way for us to make this work."

THE COUNSELOR'S TURN "I didn't think it was silly at all for an unmarried couple to seek my help," said the counselor. "About one quarter of my practice is devoted to helping unmarried couples work through problems before they make a lifetime commitment.

"Karen and Richard suffered from what I call the myth of the perfect *(continued)*





Can this marriage be saved?

continued

partner. Karen thought her ideal husband had to be financially successful. Richard felt his ideal partner had to be passionate and highly sexual. When they did not find these qualities in each other, though they loved being together, they both started to question whether they had a future.

"My goal was to help them understand that they were unfairly projecting many of their own fears onto their partner. I believed that even if the issues of sex and financial stability were resolved, Karen and Richard would have other problems that still had to be dealt with.

"Incidentally, many people suffer from the myth of the perfect partner. If they marry without first resolving those issues, they may wind up constantly comparing—unfavorably—their real mate to their idealized image.

"Much of Karen's apprehensiveness stemmed from her childhood. Like other children of an alcoholic parent, she learned to bridle her feelings and monitor her behavior very carefully. That was the only way she could cope with the overwhelming frustration, anger and sense of abandonment she experienced. What's more, when Karen's parents did interact with her, it was usually to scold her or rein her in. Thus, she grew up thinking that even the normal impish play of childhood was bad and that unless she was busy doing something productive all the time, she was not a good person.

"Because of her father's alcoholism, Karen's family lived in a chronic state of intense anxiety, never knowing for sure if her father would indeed come home and, if he did, what the evening would hold. It's not surprising that for Karen trusting a man to be successful and reliable would become paramount. Nor is it surprising that she would find it difficult to express her feelings. Karen first had to accept her feelings as valid and then learn to express them, verbally as well as physically.

"Unlike Karen, Richard's continued close involvement with his family (symbolized by his insistence that he retain the family apartment) prevented him from forging a bond with Karen. It also set the stage for his professional ambivalence and inability to get on track with his career. For him, sex became the primary issue. What he didn't understand was that to a certain extent he was using sex to prove his virility and obscure his fear of failure.

"Where did Richard's negative feelings come from? Though he kept talking about how nurturing his home life had been, in time it became clear that his parents had battled constantly over his father's inability to support the family. This, coupled with his father's withdrawal of communication and love, left Richard emotionally shaken and lacking in self-esteem. He also saw in Karen many of the things he disliked in his mother: After all, she criticized his business accomplishments just as his mother had criticized his father.

"Though Richard loved his father and admired his enthusiasm, he was terrified of repeating his dad's failures and so pursued a career path that was 'safe' but contradictory to his own creative desires.

"I didn't use any structured exercises with this couple. Rather, counseling took the form of urging them to verbalize, over and over again, their anxieties. In time they were able to separate out their projected fears and get to the root of their problems. Most important, they realized that change does not take place overnight and that they had to hold on to the positive qualities they saw in each other and in their relationship while they worked on changing the negative.

"One of the first steps I took with Richard was to help him take a clear-eyed look at his goals. *(continued on page 17)*

Skill builders

Balancing acts

Like Karen and Richard, many couples find themselves distanced by a steady stream of criticism and negative assumptions. Yet they don't know how to balance things out and respond to each other in a more loving way. This simple exercise can help: Make a promise that every day, each of you will find one positive quality or behavior—no matter how insignificant—in your spouse and tell him or her about it. That means you have to tune in to what your spouse does, rather than what he doesn't do. "I was glad you spent some time in bed with me this morning," Richard learned to say, even if it had been only for fifteen minutes. "It meant a lot to me that you took the time to listen," Karen would say. Being nice is contagious; when you are, it makes you better able to deal with whatever disagreements come up.

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A crisis unites a family

"Every mother's nightmare"

MY HUSBAND'S SHIRT WAS SOAKED WITH JARED'S BLOOD. OUR SON HAD RUN STRAIGHT INTO THE PATH OF A WEED CUTTER THAT HAD A TWELVE-INCH BLADE



BY KAREN M. FALK

The frenzied jumble of words came so fast it was hard to understand them all. My teenage daughter Lisa had called me at my mother's house, crying, "Mommy, Jared has been cut really bad, and Daddy wants you to come home right now!"

At first, I didn't realize how dire the situation was. Our youngest son had always been the most lively and reckless of our three children, and he'd certainly had his share of scrapes and emergency-room visits. I never imagined, though, that he could come so close to death.

It was March 1990, nearly a year since our family had moved to a small rural area near Junction City, Oregon. My husband, Bob, a purchasing agent, and I liked the quiet of the country, and our new three-bedroom home was perfect for us and the children—Lisa, then fourteen, Justin, eleven, and Jared, eight.

The back of our two-and-a-half-acre property was overrun with thick brush, and Bob and I spent our weekends working to clear it with heavy power equipment. We constantly reminded our children about the dangers of these tools—particularly Jared, who's a very curious boy and doesn't always think before he acts. In fact, the very day before the accident, Bob had been cutting wood with a chain saw while the boys watched; when they got too close, Bob shut off the machine and scolded them.

The next morning, a Sunday, began quietly enough. I was visiting my mother for a couple of hours while the rest of the family stayed behind. Lisa had homework, Bob had decided to clear some poison oak and blackberry brambles and the boys wanted to help. That afternoon, we planned to go on a picnic together.

I had been away only twenty minutes when I got Lisa's frantic call. I barely had a chance to react to her cries before Bob got on the line, yelling, "Sweetheart, just get home. An ambulance is here; Jared is hurt pretty badly."

In a panic, I relayed the news to my mother as I rushed out the door. The twelve-mile drive home seemed an eternity. I tried to tell myself that Jared had to be all right, but seeing the three rescue vehicles parked in our driveway made my heart stop.

I don't cope well with medical crises of any kind, and I felt faint as I got out of the car. I couldn't see Jared—he was already in the ambulance—but when Bob rushed out to meet me, I screamed as I saw his blood-soaked shirt. "How is Jared?" I asked. Bob's face was absolutely gray as he said, "Bad."

We left for the hospital shortly after the ambulance did. On the way, my husband told me what had happened. To remove the heavy brush, he had been using a weed cutter—an upright, gasoline-powered device with a twelve-inch rotary saw-blade attachment. The machine is powerful enough to cut down small trees.

Justin and Jared gathered the cut branches and were using some of them to build a fort, staying well away from danger. Jared went into the house for a snack, then came back out, running down the hill leading to our yard.

In his exuberance, he *(continued)*

Photo, Robert Graves



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jumped on an old inflated inner tube behind Bob, somehow lost control coming out of the leap, and fell straight into the path of the weed cutter. It all happened so fast that Bob and Justin could only watch, horrified, as the whirling blade severed three quarters of Jared's right leg and sliced his left leg to the bone.

Justin raced back to the house to call for help while Bob flung aside the machine, snatched Jared up and carried him indoors, soothing him as best as he could. Lisa's bedroom is closest to the back door, so he laid the boy on her bed and tried to stop the flow of blood by applying pressure to the wound. Jared was moaning, but he never lost consciousness; Lisa held his hand and talked to him, telling him she loved him. Her comforting voice kept him quiet.

Justin, shaken but composed, told the 911 operator what had happened and gave detailed directions to our house. If it weren't for his presence of mind, the rescue workers might not have come in time. We're especially indebted to one paramedic, John Brink, who took charge of the situation from the start and helped keep Jared calm in the ambulance.

When we arrived at the emergency room, a chaplain and a doctor quickly ushered us aside and explained that Jared was in the best possible hands. However, the odds were against him; he had lost more than six units of blood (the average child has about eight units) and suffered a good deal of trauma. We all fell apart. Lisa became hysterical, and Justin sobbed quietly.

The doctors needed our permission to amputate Jared's leg. We didn't hesitate; given the choice between saving his limb and his life, there was no contest.

The doctors needed our written permission to amputate Jared's right leg. We didn't hesitate for a moment; given the choice between saving his limb and his life, there was no contest.

Family members joined us, and Bob's sister, Susan, offered to take Justin and Lisa back to her house to rest and get away from the dismal hospital atmosphere. For several hours, all we could do was cry, pray and ask the doctors one question, over and over: "Will our little boy live?" Each time, the answer was pessimistic: He had a 20 percent chance of survival. Bob and I were tormented by the idea that we could somehow have prevented the accident. If only I had stayed home, I thought.

At five o'clock, however, after nearly four hours of surgery, the orthopedic surgeon emerged with incredible news. He had reattached Jared's right leg bone with a metal plate, and a vascular surgeon, Dr. George Foster, was now repairing the veins and arteries. We were overjoyed since we hadn't even dared to dream that the limb could be saved.

Jared was out of surgery an hour and a half later. His right leg was fully reattached, and the left one, which wasn't as badly injured, had been stitched and immobilized. Now, Dr. Foster said, it was a waiting game. A life-threatening infection could set in at any moment, and it would be at least two weeks before they would know how well the right leg was healing. Still, we were so grateful that Jared had survived this far.

We were allowed to visit our son in the recovery room for a couple of minutes. Bob went in, but once I saw the back of Jared's head, I froze in the doorway. He looked so little and defenseless, not at all like our rambunctious boy. Irrational thoughts ran through my mind: What if this were the last time I would ever see him? Just then, Jared turned his head and said, "Mommy." That's all it took. I ran to him, crying—this time with joy.

If that wasn't miraculous enough, as we were talking to him, Jared moved the toes of his right foot. Maybe there was real hope that his leg would heal normally after all.

I didn't want to leave my baby that night when he might need me, but Bob said, "I need you, too, Karen." I was surprised: I usually relied on my husband for strength; now he was asking for my support, and I couldn't refuse. We held and comforted each other that night, and I assured Bob—who felt so guilty—that he wasn't to blame for the tragedy. As we talked, we rediscovered the intimacy that we'd missed for a long time. Between our children, work and mundane chores, we'd forgotten how important it was to make our marriage a priority. Now we needed each other more than ever.

The next two weeks were stressful and exhausting. Bob and I spent every spare minute at the hospital, often bringing Justin and Lisa, who were on spring vacation. Neither of the children slept in their bedrooms; poor Lisa stayed on the living room couch because we hadn't had time to replace her bloodstained bed, and Justin lay on the floor next to her because he couldn't bear sleeping in his room without his brother there.

I took an extended leave of *(continued*

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absence from my job as an electrician for a motor-home company so I could spend more time with my son. Since I usually had to divide my attention between Bob, the children and work, Jared and I had rarely had a chance to be alone together.

Jared's not a complainer, and he tolerated his hospital stay very well, even though both his legs were in casts and he couldn't move much. He was fascinated by the hospital goings-on and was rarely bored; visitors, flowers, balloons and stuffed animals came by the dozens. His March 23 birthday meant even more gifts, plus two cakes from a local radio station. Jared, a straight-A student, missed school, so classmates brought homework to him.

Children tend to recover more quickly from injuries than adults do, and it wasn't long before Jared's doctors felt that the leg was healing so well that the risk of amputation had passed. We felt incredibly lucky. Three days before Jared's release, a physical therapist gave him exercises to do to prepare him for walking.

On March 31, Jared left the hospital—wheelchair, flowers, gifts and all. He spent two weeks resting at home before the cast on his left leg was removed and he could move around on crutches. Jared was anxious to get going again and had no trouble adjusting.

Our son improved so quickly that he was able to attend the last five weeks of school. Things had just begun to feel normal again when we encountered a serious setback. On June 21, two nights after the doctors had removed Jared's leg brace, he tried to stand up. His right leg made a popping sound, and he couldn't put his weight on it. At first we thought it was a pulled muscle, but a visit to the doctor showed that the metal plate in his leg had broken, fracturing the bone.

Jared needed another operation to graft the bone. Again, we waited and prayed while he was in surgery until the doctors assured us that he was out of danger. He spent five more months in a cast, yet the bone just wouldn't heal. Finally, our physician recommended a specialist, Dr. Paul Duwelius, chief of orthopedic trauma at the Oregon Health Sciences Hospital, in Portland.

After performing tests and conferring with a panel of surgeons, Dr. Duwelius told us the best solution would be to insert a steel rod in Jared's leg. The technique had only recently been used on children because there was a danger of impairing the growth of the bone, but the success rate was very encouraging. We agreed to try it.

When Jared had the surgery in November, we worried all the way through the operation. It was a tricky procedure—the rod had to be inserted through his hip region—and Jared lost a lot of blood. However, the technique worked perfectly; soon he was walking with only a slight limp. The rod stayed in for ten months and was removed last September.

Shortly after that, we experienced yet another crisis. Jared developed a staph infection and was seriously ill for several days. We spent more tense and tearful hours by his bedside; I couldn't believe we had come so far only to see our son's life in danger again. Thank God, Jared's a fighter, and he recovered completely.

After all these ordeals, it's so heartening to see our eleven-year-old boy leading a virtually normal life today. He fights with his brother and sister, plays Nintendo and romps outdoors. He can participate in some contact sports if he's careful; his leg will never be as strong as it once was. His leg aches sometimes, and he may develop arthritis as he gets older, but he shouldn't need any more surgery unless the bone breaks again.

Jared looks on the whole incident as being no big deal and doesn't like to talk about it much, but he was proud to be asked to present a lifesaving award to John Brink and the other paramedic who helped get him to the hospital.

Bob and I have talked to our pastor many times and realize that this was just a tragic accident, yet we still can't help feeling guilty sometimes, and we'll probably always ask ourselves "what if." We try not to dwell on it, though. We're simply grateful for our family, our health and our marriage, which is now stronger than ever.

It took a while for us to gather the courage to do yard work again, but now handling the weed cutter and other tools doesn't bother us. Since that day, we don't allow the children outdoors when we use these machines—not that they need reminding. Nonetheless, all the caution in the world doesn't keep me from getting a sick feeling in the pit of my stomach whenever an ambulance siren wails. I never want to hear that sound again. ■

How to keep your yard safe

To keep your family safe this summer, the Outdoor Power Equipment Institute in Alexandria, Virginia, and other experts offer these safety tips.

■ Learn the proper way to use outdoor power equipment such as weed cutters, mowers and hedge-clippers by reading the operator's manual. Have them inspected for missing or loose parts before the spring yard-work season .

■ Wear the correct clothing: long pants, heavy-duty shoes and safety goggles. Remove loose jewelry and tie up long hair.

■ Keep children and pets indoors when you operate machinery. Never let a child sit with you on a riding mower; if he falls off the seat, he may land in the mower's path.

■ Before mowing, pick up any debris from the lawn. Mowers can propel rocks, twigs and glass more than fifty feet—causing an impact greater than that of a gunshot.

■ Always push mowers; pulling them increases the risk of running the blade over your feet.

■ Handle gasoline carefully and store it in a fuel container away from the house. Fill the gas tank before starting the machine, and don't smoke while operating it.

■ Keep your hands and feet away from moving parts. If you need to unclog or inspect the machine, turn off the engine and disconnect the spark-plug wire, located on the engine.

■ Use yard equipment only during daylight hours and when the grass is dry. Don't operate any machine if you've been drinking.

If someone is cut by a power tool, your first priority is to stop the bleeding while someone calls for help. Use a clean towel to put direct pressure on the wound, but don't apply a tourniquet; that will cut off blood circulation. Keep the victim quiet to avoid further trauma. If the limb or digits are severed, put them in a clean plastic bag, place the bag in a container of ice and take it with you to the hospital. Doctors may be able to repair the damage.

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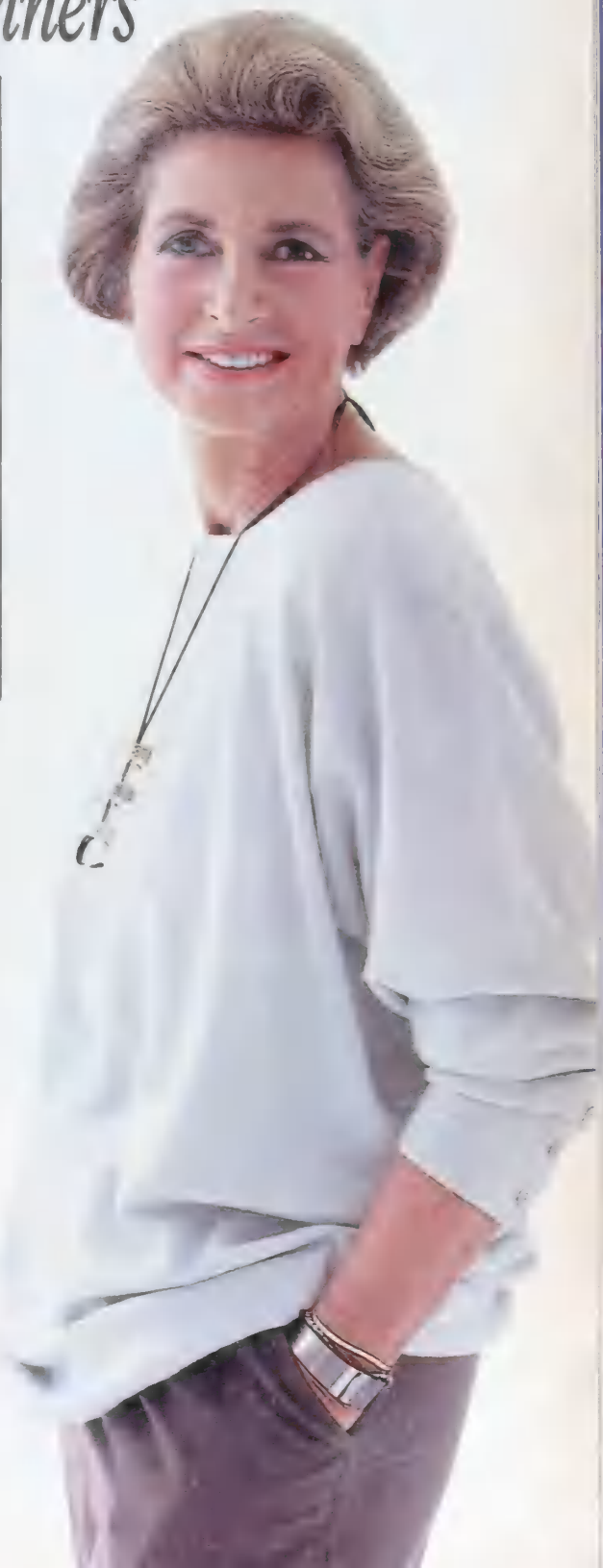
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Grand-prize winner

BETTY BARRISCH
CLEVELAND, OHIO
AGE 70

"I didn't think I'd be a finalist, much less win the contest. I cried when I found out," says Betty, a former model and hospital lab assistant and a mother of three. "Nobody has believed my age for years now, but I've always told the truth even though I don't think of myself as being seventy years old! I still follow the same beauty routine that my grandmother taught me when I was fourteen years old. I cleanse my face every night, rinse it five times with tepid water and then apply night cream on my face and neck before bed. In the morning, I rinse my face with cold water and then apply moisturizer. I really like the Oil of Olay Daily UV Protectants because I look at them as preventive skin care. My favorite fitness routine is the Royal Canadian Air Force Program, a twelve-minute series of exercises I do every day. I also do stretching exercises while I'm in the shower. I enjoy tennis and still play a fairly strong game."

On Betty, inset: shirt, Equipment; blazer, Ann Taylor, earrings, Antigona; necklace, Erwin Pearl. Right: sweater, Malo; pendant, Agatha.









The runners-up: clockwise from left, Janetta Graham, Lansing, Michigan, 61; Monica Tiller, Los Angeles, 48; Susie Martin, Meridian, Mississippi, 53; Charlotte Pittman, Beaumont, Texas, 41

Janetta Graham, a retired elementary school principal, says she's always searching for the secret to that perfect look. But, she believes, "the most beautiful people are those who treat others with empathy and warmth and carry themselves with dignity." Janetta looks terrific with the help of a low-fat diet, yoga, t'ai chi and walking. Great style makes a difference, too. "People always ask me what to wear. I like the basics—taupe, black and white—but I also love purple and hot pink. I love big earrings—ones that make a statement."

Monica, a former professional dancer and actress who's never been married, does ballet movements to stay fit, avoids junk food, makes sure she gets plenty of sleep and takes great care of her hair. "I rely on my stylist's opinion for how my hair should look, but I color it myself at home. I've been gray at the crown since age twenty-one." Monica says her striking pale blue-green eyes are her biggest beauty asset. "I've been told that my eyes are so distracting that people can't really concentrate on what I'm saying because they focus only on my eyes."

Susie's a fine-jewelry saleswoman, mother of five *and* grandmother of five whose best beauty secrets are exercise (she swears by the Nordic Track), a low-fat diet ("as much as I love southern fried chicken, I don't eat it," she says) and current hair and clothing styles. "I always wear makeup. It makes me feel better, especially on days when I feel terrible inside," says Susie. "My motto is, Every old barn needs a little paint to make it look fresh!"

Though her three-year-old son keeps her very busy, Charlotte, a mother of three, makes time to take care of herself. "Three times a week, while the baby is napping, I do a thirty-minute aerobic workout at home with hand and ankle weights," she says. "The other two days of the week, I walk three miles, but on the weekend, I rest!" According to Charlotte, great skin is the secret to looking fabulous. "I think the biggest mistake women make is not taking care of their skin and then trying to compensate for it with too much makeup. If your skin is in good condition, you won't have to wear as much makeup."

On Janetta: jacket, Mr. Jax; earrings, Jay Strongwater. On Monica: jacket, Nicole Miller; earrings, Agatha; necklace, Erwin Pearl. On Susie: jacket, Liz Claiborne; necklace, Erwin Pearl; earrings, Agatha. On Charlotte: blazer and blouse, Mr. Jax; earrings, Erwin Pearl.

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Anne Klein Swimwear, $70

Aqua maillot with high waist, draped top, nylon/spandex blend

"I don't have a big chest, and most suits make me look like a board," says Elizabeth Hammock, a clothing company public-relations manager. "I also have long legs, a short torso and not much waist definition, so finding a suit that has the right proportions and fit isn't easy. This suit is feminine and gives me curves where I don't have any. I think it's best to try on *everything*, even suits you're sure won't look good. What's out for me? Molded cups and thongs!"



Adrienne Vittadini, $150

Tangerine rhinestone-studded tank, cotton/Lycra blend

"I like glitzy suits that really stand out. I think the more you try to cover up, the less confidence you project," says Jan Sharkansky, a public-relations coordinator. "Since most one-piece suits aren't cut long enough for me [she's five ten], I look for cotton/Lycra blends that have some stretch but don't dig into me. This one has lots of give and feels comfortable. The deep back, scoopy square neck and high-cut legs are sexy, flattering features. I do wish I had better legs—but you just can't change your legs."



Anne Klein Swimwear, $84

Black velour maillot with keyhole cutout, nylon/spandex

"I love this suit—and so did everyone else at the shoot. They all tried it on and wanted to wear it!" says Meg O'Brien, a floral designer. "I look for fit—stretchy fabrics that give where you need it are best. Stretch velour is great; so are pucker fabrics. I'm small on top, bigger on the bottom, so sometimes a two-piece suit for which you can purchase the top and bottom separately is a good solution. I almost always wear a black suit, sometimes with a hint of color."

THE BIKINI: WHAT NAZI THOUGHT THIS THING UP?

Comic Rita Rudner knows there is no bigger joke than buying a bathing suit

If there ever was a time I looked good in a bikini, I sure don't remember it. No matter what age I was, there was always one area of my body that refused to cooperate. Not that I was ever a bikini sort of gal. When I was five, a relative gave me two polka-dotted slivers of material for my birthday. I held up the top and said, "Thank you, Aunt Mabel. This will come in handy if I ever have to blindfold a cat."

I remember my mother wearing sturdy, orthopedic bathing suits. They were form-fitting but discreet. They covered a *(continued)*

From *Naked Beneath My Clothes*, by Rita Rudner. Copyright © 1992 by Rita Rudner. Reprinted by arrangement with Viking Penguin, a division of Penguin Books USA Inc.

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Gottex, $90

Kelly-green maillot, twist bra top nylon/spandex blend

"My suit requirements? My stomach has to look flat and my waist thin!" says Elyse Schindler, an attorney. "I like to be active, so a suit has to be wearer-friendly. I love green because it enhances my green eyes," says Elyse. "The structured cups are flattering, too."



Anne Klein Swimwear, $68



Purple maillot, contoured underwire, flesh-lined cups, nylon/Lycra blend

"This suit has all the right ingredients," says Stephanie Dobbs, a sales representative. "It's long enough, a solid color, has a contoured bra top and a moderately high-cut leg. My everyday clothes are classic—I like my swimsuits to be sophisticated, too. I hate bikinis and anything with florals, but I'm busty and I do like soft-structured bra tops. I once bought a suit with very molded cups and was lying on my stomach on the beach. When I got up, the cups were indented. How embarrassing!"

Lime-green maillot with deep V, draped shoulders, nylon/spandex blend

"I think suits are cut better now to flatter a full chest—I guess now that bosoms are in, designers are responding. The wide, deep neck of this suit really flatters my chest and makes my waist and hips look tiny," says Elyse. "I also love the color. Two of my best tips: Don't get hung up on suit size—buy what fits. And always shop with a friend who is honest but not brutal! The saleswoman will *never* tell you the truth."

(continued) respectable part of her upper leg and had two distinct cups that firmly told her bosoms where they were supposed to be. This is the type of suit I expected to be wearing when I got older; not as good as the skirt style from the thirties with leggings underneath, but acceptable.

What happened? Who decided that ordinary, everyday women should dress like Las Vegas showgirls when they swim? At least showgirls have headdresses to divert your attention and high heels to help the leggy illusion. I guess we could try that, but if there's anything harder than doing laps in a bikini, it's doing laps in a bikini wearing a headdress and heels.

Of course, there are alternatives to the bikini. I wish I could be more excited about them. They still require waxing areas that would be much happier never *(continued)*


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Fuchsia maillot with structured French cups, shirred V panel, nylon/Lycra blend

"I look for tummy control and a high-cut leg," says Helen Seymour, an auctioneer and antiques-shop owner. "And since I wear a lot of black, I like my swimsuits to be bright. This suit is very cleverly designed. It really holds you in—but looks feminine. To be honest, I haven't bought a swimsuit in three years. When I do, it's usually right after the *Sports Illustrated* swimsuit issue comes out. Cost doesn't affect my purchase; my philosophy is, if I find the right suit, I buy it."



Coral underwire maillot, nylon/Lycra/spandex blend

"This suit has a feminine, lingerie look and rosy color that gives my pale skin a glow without a tan," says Sarah Winer, an assistant literary agent. "I think I have wide hips, so I always look for suits with high-cut legs. I also like thicker fabrics that hold me in so I'm not always sucking in my stomach. I love the fit of an underwire—it allows me to be active on the beach. Bandeau tops are the worst—they never stay on, and they flip up in the water and flatten your chest."



Purple-and-green maillot, asymmetrical wrap, soft cups, nylon/spandex blend

"When I shop for a suit, I look for aesthetics first, *then* how it fits me," says Mirijana Matura, a corporate assistant. "I usually buy dark colors—often black with a white accent. Most suits are cut too high on the leg, so everything hangs out! The leg on this suit is a medium cut, just right. The colors are new for me, but I think it's a great combination. My instant rejects are bright florals and really tiny bikinis. I'd buy a two-piece if it was a tummy-covering style."

(continued) having met wax. Women really do go beyond the call of duty to attract men. I wonder what a man would do in a similar situation. Let's say that for a man to look attractive in a bathing suit he had to pour hot wax dangerously near the most sensitive part of his body and have it ripped off every two months. How many men do you think would sign up?

I do hate buying bathing suits. Once I find a bathing suit that doesn't offend the public, I wear it for years—until it's so fragile and see-through it exposes far more of my body than a bikini would. This makes sense when you realize how horrible the experience of trying on a bathing suit is. We go into these little cells that have mirrors everywhere and very cruel lighting, so we can see exactly what's wrong with our bodies from every conceivable angle. I think after you leave *(continued)*


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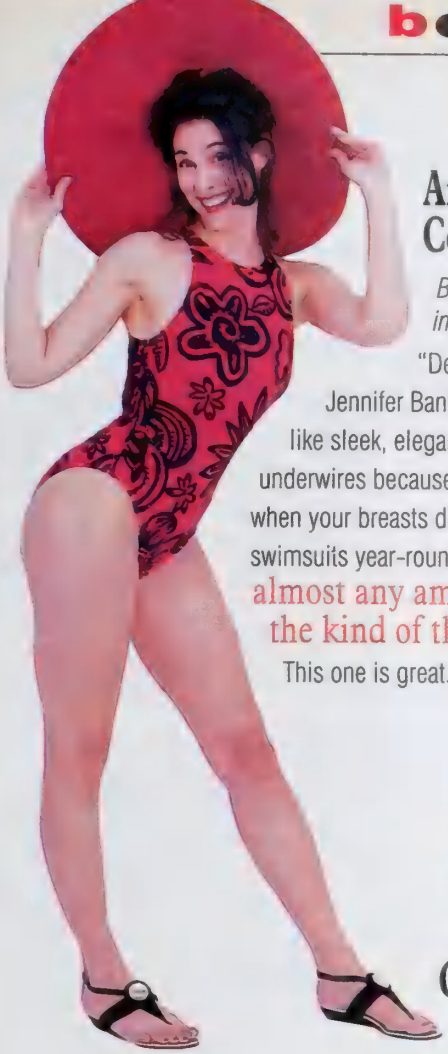
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Anne Cole Collection, $74

Black and red high-neck maillot, with inner-shelf bra, nylon/spandex blend

"Derriere coverage is a must," says Jennifer Bank, a singer. "This is my problem spot. I like sleek, elegant suits with smooth fabrics. I avoid underwires because I think they actually flatten you out when your breasts don't fill the cups just right. I buy swimsuits year-round because I travel a lot. I'll spend almost any amount—bathing suits are the kind of thing you can't scrimp on. This one is great. It's got a fashion look."



Gottex, $100



Anne Cole Collection, $70

Black maillot with mesh inset and high neck, nylon/spandex blend

"I look best in classic, athletic-type suits with high necks—a racing style. I don't go for bra tops or anything sparkly," says Terri Mayle, a stock trader. "This one has the sporty look I like, with the bonus of a sexy mesh inset. It gives the feeling of a two-piece with the benefits of a one-piece. I hate the mirrors and lighting in dressing rooms so much that I've even bought swimsuits off the rack without trying them on!"

Patchwork turtleneck halter, Lycra/nylon blend

"I need a suit that supports my breasts but also takes emphasis away from them. I like high-cut legs, high necks and decent sides—so I'm not falling out," says Somers White, a public-relations assistant. "Anything with zippers or crisscross lacing is definitely out. I also try to make sure my stomach looks flat, so I never wear low-cut two-piece suits. I usually buy solid-colored suits—I've never worn anything like this one before. It's a standout—I love it!"

(continued) those rooms they should offer you some kind of counseling. Or at least have a sign on the mirror that says, "Caution: Objects may appear larger."

I have to be honest and tell you that if leg lifts were going to work on me, they would have done so by now. I've been doing them faithfully for about fifteen years, and the only thing that has gotten thinner is the carpet. But I will not give up. Every year when I see that *Sports Illustrated* swimsuit issue come out, I know it's time to increase my leg activity. I do my donkey kicks and my pelvic tilts with the hope that this year I'll look in the mirror and won't see a reflection from the fun house.

Guess what? This year it wasn't so bad. I found a two-piece bathing suit that isn't cut up to my armpits, has an elastic band that helps hold my stomach in, and has bra cups made out of two army helmets. It took me a long time, but I finally found it: an orthopedic bikini. —RITA RUDNER

Do you look like someone famous?

The Ladies' Home Journal Celebrity Look-Alike Search



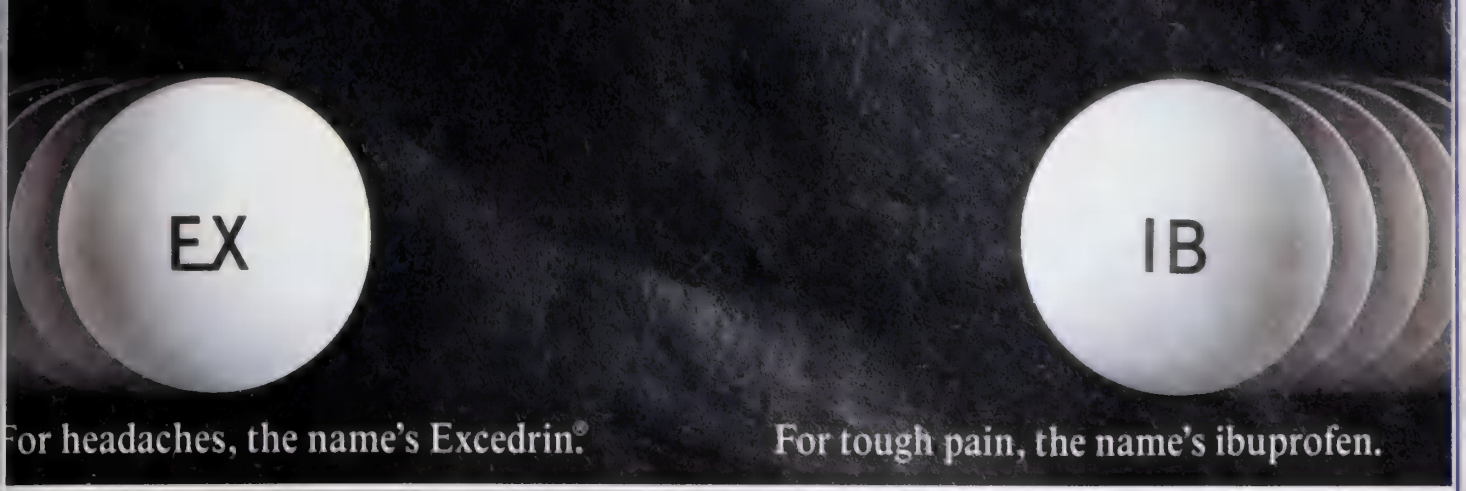
Our celeb search was such a huge success last year that we're doing it again! If you're Melanie Griffith's double, Kevin Costner's twin or a dead ringer for Lauren Bacall, we want to know. The search is open to women and men (women must resemble female celebrities, and men must resemble male celebrities), and all you need to do is fill out the form below and send it along with a brief essay (fifty words or less) explaining what it is about you that resembles this famous person (the celebrity must be living) and what qualities you admire in her or him. We also need two recent color photos of yourself (they must have been taken in the past two months), one full-length shot and one head shot. The winners will appear in an upcoming issue of *Ladies' Home Journal* and will be special guests on **The Maury Povich Show**, subject to scheduling and programming considerations. So hurry and send us your entry today!

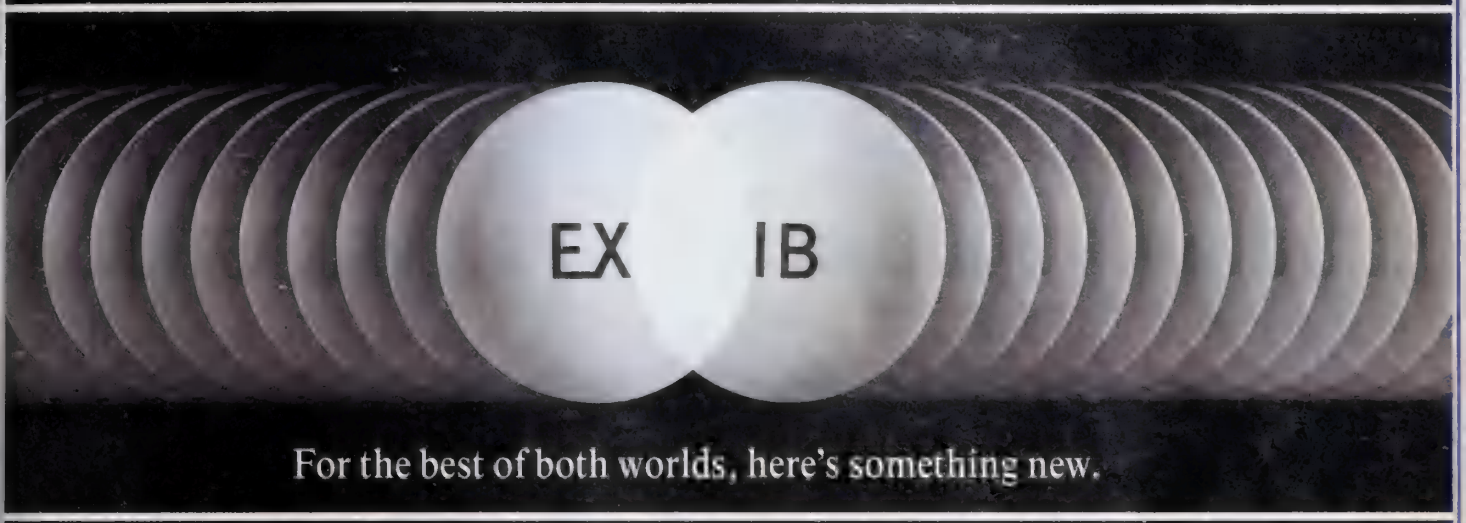
The Ladies' Home Journal Celebrity Look-Alike Search

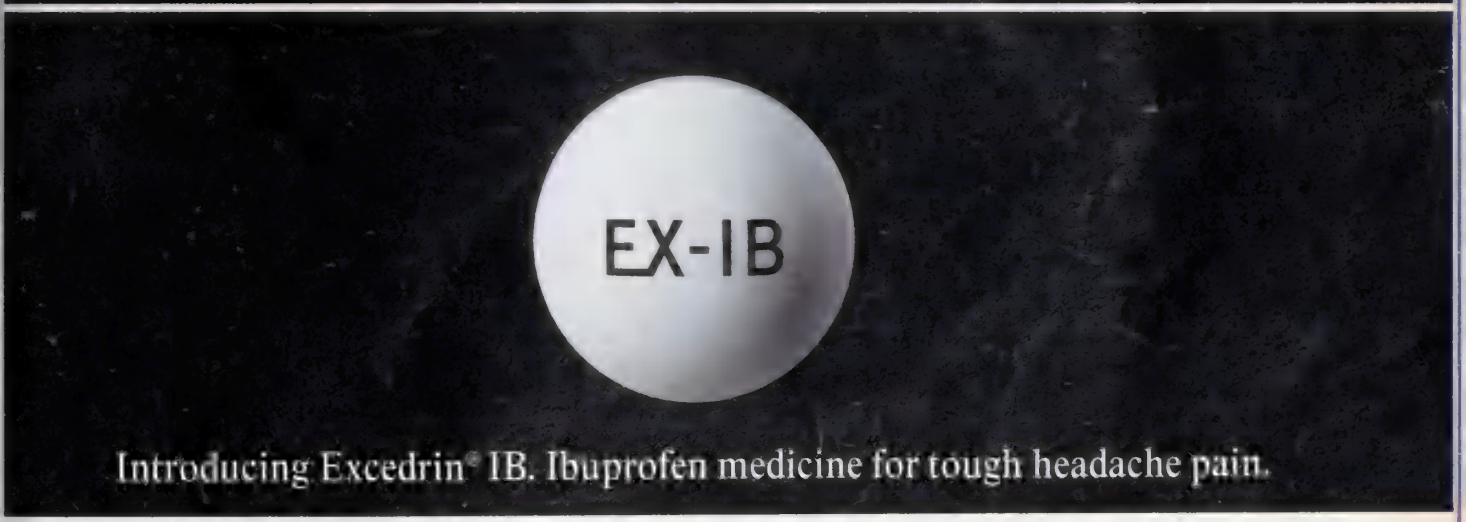
Name _____
Address _____
City _____
State _____ **Zip code** _____
Phone _____
Sex _____ **Social Security #** _____
Your celebrity look-alike _____
Date of birth _____ **Height** _____ **Weight** _____
Hair color _____ **Eye color** _____
Signature _____

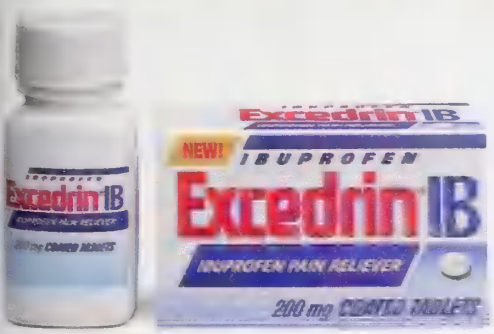
Enclose two current color photographs (no more than sixty days old), one full-length, one head shot, and an essay (fifty words or less) explaining what it is about you that resembles this person and what qualities you admire in her or him.

Fill out this form according to the official requirements on page 86. Send entry to: Ladies' Home Journal Celebrity Look-Alike Search, 100 Park Avenue, Third Floor, New York, NY 10017. All entries must be received by June 30, 1992.









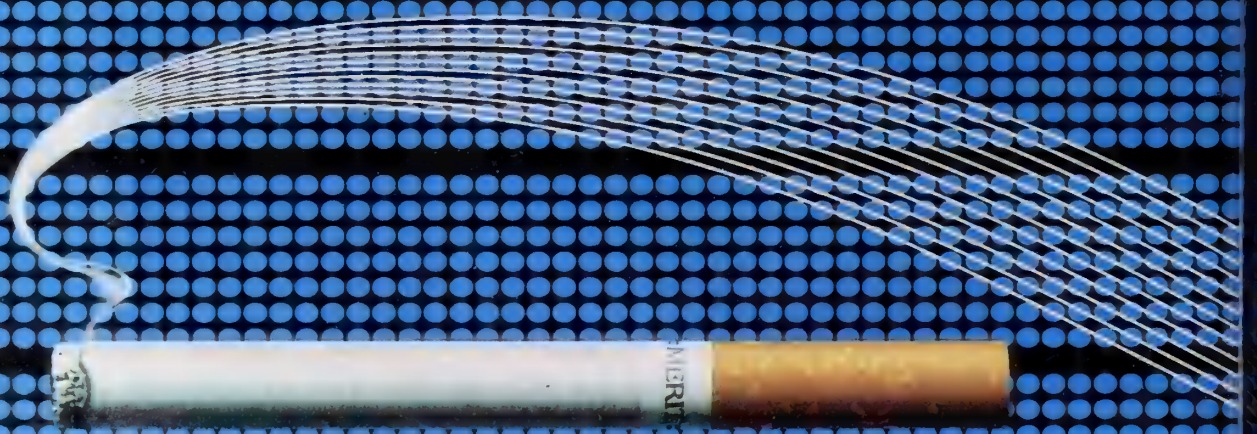
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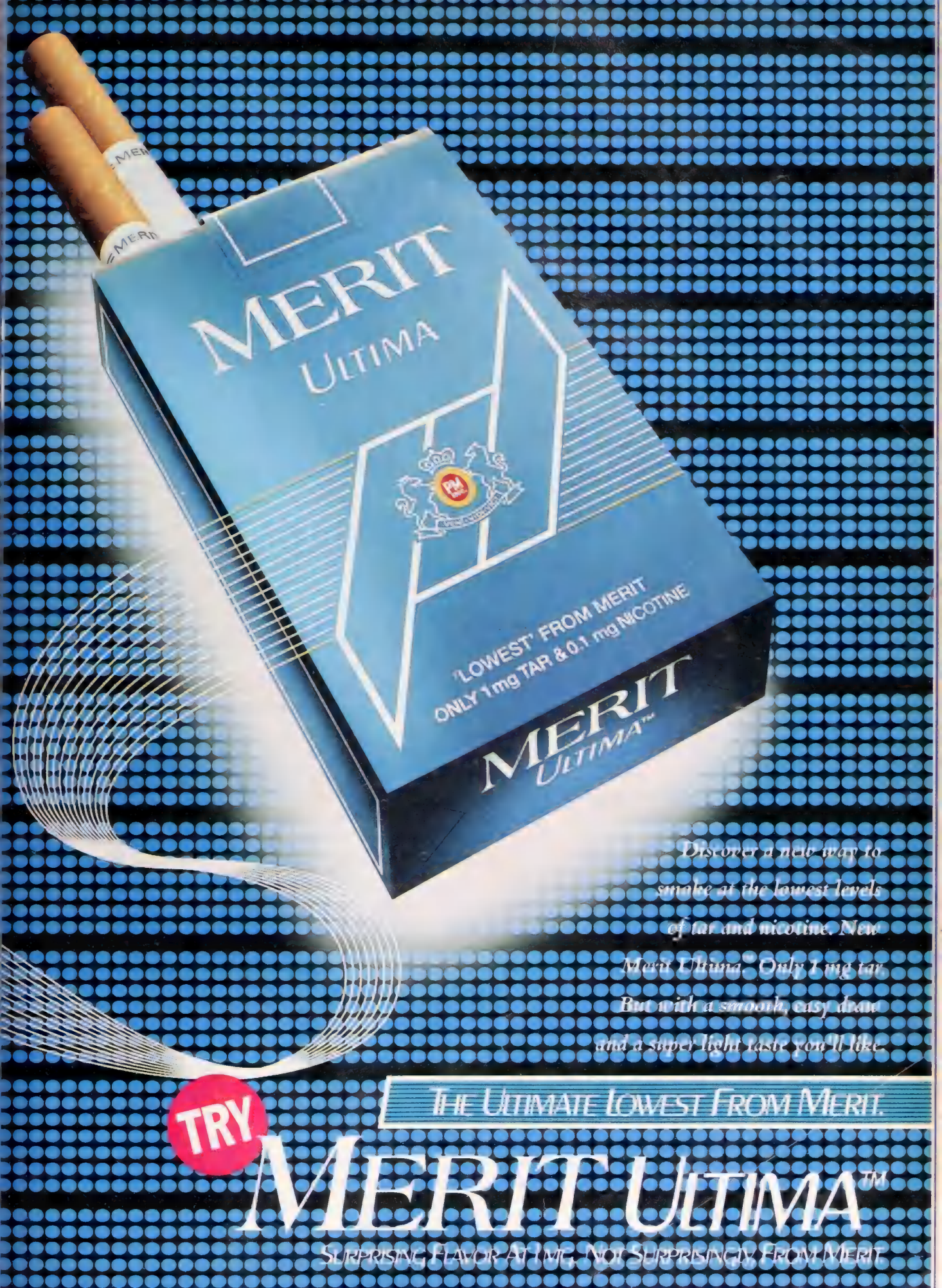


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Garth Brooks: music's man

When Garth Brooks won this year's Grammy for Best Male Country Vocal Performance, the award joined a clutch of other music honors tucked away in the basement closet of his Nashville home. Brooks, it seems, still doesn't feel quite comfortable with the size of his stardom. "Just because Garth Brooks is going somewhere doesn't mean he thinks he's going up," the pleasantly plump thirty-year-old says with a laugh. "Few people have sustained this level without dying."

And what a level it is. Nobody has ever put country music on the national map like this singer-songwriter. In the past three years, Brooks has sold more than seventeen million albums. His most recent, *Ropin' the Wind*, not only was the fastest-selling country album in history but also made its debut at number one on both the pop and country charts. He's so hot that he has even made the cover of *Forbes* and *Time*, and appeared on *Saturday Night Live*. His lively style—which has included smashing guitars, flirting with the audience, throwing water on drummers, climbing rope ladders and doing a duck walk around the stage—appeals to baby boomers who were raised on rock 'n' roll. It also strikes a chord with many women, who find his renditions of "Shameless" and "If Tomorrow Never Comes" irresistibly sexy.

So sexy, in fact, that fans have been known to toss their bras onto the stage while he's performing and throw themselves at him when the concert's over. Garth admits that at first he wasn't too good at resisting such temptation. He had an affair, and almost lost his wife, Sandy, because of it. "Being true to someone carries a heavy weight on it," he says. "At the time, I didn't think so. I thought, I love my wife to death, she's the only woman I could live with, so me messing around doesn't mean I love her any less. Well, looking back now, that's bull. But at the time, that's how I justified it."

After a very rough period, he says, they managed to work things out. Garth says he's working hard at his six-year-old marriage these days and is looking forward to the birth of the couple's first child, a girl, in July. Sandy was bedridden during January and part of February with a difficult pregnancy, and now is trying to stay off her feet as much as possible. Garth has even taken some time off from the road to stay at home with her. According to Garth, this is just the beginning of his new attitude about family. "Out of all the things I remember as a kid," says the singer, "it was the attention I remember—to know that someone was interested in what I was doing."

(continued)



Cruise control

Since their secret wedding in December 1990, Tom Cruise and Nicole Kidman have been keeping a very low, if handsome, profile. What has the comely couple—who met on the set of the short-lived *Days of Thunder*—been doing since honeymooning in Telluride, Colorado? Well, besides fending off persistent rumors that Nicole is pregnant, they've made another movie together. Directed by Ron Howard, *Far and Away* opens June 5 and follows two nineteenth-century Irish immigrants through their romantic adventures across America. Nicole gets to toss her glossy strawberry-blond curls a lot, while Tom adds wagon-training to his list of talents, including car racing, jet piloting, cocktail mixing and, of course, dancing in his skivvies.

—Melanie Berger

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*You'll be satisfied with your CleanTop range, or we'll give you your money back within the first 30 days, finance and installation charges not included. Additional extended five-year warranty covers parts. See dealer for details.

(continued) The youngest of six children, Garth grew up in Yukon, Oklahoma. He attended Oklahoma State on an athletic scholarship, and played in honky-tonks throughout college. In 1985, he decided to get serious about music and headed for Nashville. He lasted a mere twenty-three hours. "I thought the world was waiting for me," he recalls, "but there's nothing colder than reality."

He came back home and married his girlfriend, Sandy, in 1986. A year later, however, he returned to Nashville, this time, with Sandy at his side. He got his big break when he performed at an amateur showcase; Capitol Nashville executives liked him so much that they signed him up soon after.

Despite the pressures of stardom, Garth says he wouldn't trade his life for anything. "The only time I know I'm really alive and doing something on God's great earth is when I'm in between those speakers and the lights are up and the music is loud. I never want to get down; I never want to get off the stage." If Garth Brooks's career keeps going the way it has, he'll never have to.

—MARJIE MCCRAW

FERGIE'S FOLLIES



No one who witnessed the antics of Prince Andrew and his wife, Sarah Ferguson, would say they were the most dignified royals. (After all, they *did* throw pastries at each other when they first met.) But they certainly seemed the most romantic, a couple who were genuinely in love—unlike, say, the frostier Charles and Diana. So the news of their breakup jolted the world, though it came as no surprise to the people who know them best.

"This was a marriage always destined to go wrong," says royal expert Richard Kay, of London's *Daily Mail*. "Both met and married on the rebound. They had been forced to give up relationships that could well have suited them better."

True enough; the Prince, in his "Randy Andy" days, dallied with soft-porn actress Koo Stark, while Fergie lived with race-car driver Paddy McNally, leaving him only when he refused to marry her. But marriages of convenience are not unknown in the House of Windsor, and Andrew and Sarah might have made a go of it, except for a few tiny mistakes. Here, according to the most expert royal watchers, is what the couple (well, Fergie especially) could have done to save their marriage:

FAREWELL TO THE FAIRY TALE: FERGIE AND PRINCE ANDREW ON THEIR WEDDING DAY IN 1986 (ABOVE), BEFORE TRAVELING TEXAN STEVE WYATT CAME BETWEEN THEM



Stay home more than twice a year. Andrew, a lieutenant commander in the Royal Navy, was gone for months at a time; in a three-year period, Fergie complained to a friend, the couple were together for less than six months. An officer and a gentleman Andrew might be, but as a husband, he seems to have been, well, rather at sea.

Pay attention to the kids once in a while. No one ever accused Fergie of showing too much motherly love towards Princesses Beatrice, three, and Eugenie, two. And the pillorying she suffered because of her indifferent parenting undoubtedly contributed to the pressure at home.

Avoid smooth talkers from Texas. Fergie's friends say that the duchess, trapped in a lonely marriage, was immediately smitten with Houston bachelor Steve Wyatt when she met him in late 1989. He was exactly what Andrew is not: a skilled conversationalist who likes exhaustive discussions about everything from astrology to intimate relationships. It wasn't long before Fergie and her oilman were taking a not-so-discreet holiday in Morocco.

Don't take off your bikini top in public, even if your good friend Diana, Princess of Wales, encourages you to do so. People might think you're not interested in acting appropriately—or in preserving your marriage.—ADAM HELLIKER

Signs You Should Own The Best Mid-Size Van.



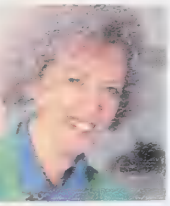
Buckle up, America! *See your Chevrolet dealer for terms of the limited warranty. †Excludes other GM products. **When properly equipped. Includes weight of passengers, trailer, cargo and equipment. Chevrolet, the Chevrolet emblem and Astro are registered trademarks and Chevy is a trademark of the GM Corp. ©1992 GM Corp. All Rights Reserved.

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Tips for smarter and safer living. By Paula Lyons



IN THIS COLUMN, THE FIRST IN A SERIES, *GOOD MORNING AMERICA*'S CONSUMER EDITOR OFFERS A SAVVY GUIDE TO EVERYTHING FROM LAWN CARE TO RENTAL-CAR INSURANCE. PLUS: A CHANCE TO AIR *YOUR* CONSUMER COMPLAINTS

How to have a healthy lawn

Once upon a time in America, lawns grew thick and green—without chemicals. True, they had a few more weeds and dandelions. But they were healthy, and for generations, they were good enough.

Now "good enough" is making a comeback. Worried about the toxicity of some lawn-care chemicals, many homeowners are minimizing or eliminating their use.

The surprise benefit? Earthworms reappear, and lawns become stronger and healthier—though not overnight; growing a chemical-free lawn does take a little more thought and work. But if you follow these tips, you'll be well on your way.

■ *Grass selection* Choosing the right grass for your climate and soil is key. According to Warren Schultz, author of *The Chemical-Free Lawn* (Rodale Press, 1989), today there are "grasses that fight off insects and diseases; that handle heat . . . [and] cold." Your local U.S. Department of Agriculture cooperative extension service can help you select the right grass.

■ *Fertilization* Use organic fertilizers. In most cases, fertilize just once a year, at the beginning or end of the season.

■ *Mowing* This can be the most helpful—or harmful—thing you do. Scalping grass starves it and invites disease and pests. The bottom line: Never cut more than the top third off your grass. And leave the clippings on the lawn; they help recycle nutrients into your soil.

■ *Watering* Too much or too little is harmful. The secret: Water early in the morning and only when the lawn is dry; douse it to a depth of one inch. Allow the lawn to dry completely before watering again.

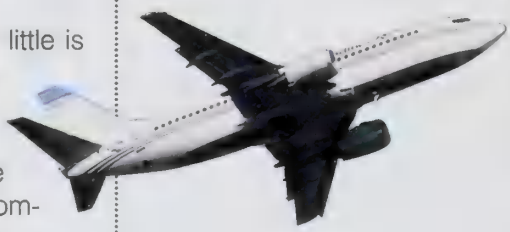
■ *Aeration* Earthworms naturally aerate soil, helping plants to breathe more easily. If there are no earthworms in your lawn (and there won't be if you've used chemicals), use an aerator once a year.

If, after all this, you still get an invasion of fungi or pests, pause before reaching for a chemical solution. Maybe you need to try a new kind of grass or improve drainage. It's going to take a while to learn to use your new methods effectively.



Kids and safety seats

The federal government has decided it will not require parents to put children under two in safety seats on planes. Why? Economics, in part. Right now, kids that young fly free. If they had to be in safety seats, parents would be forced to buy



an extra ticket for them.

But suppose you *want* your child in a safety seat. First, check the airline's policy. Second, choose a seat with a label of approval from the federal Department of Transportation.

If you can't or don't want to buy a ticket to guarantee that *(continued)*

To you, it's a rubber ball.



To your child, it's social interaction, a lesson on shapes and a fun game that makes your arm real muscle-y.

At KinderCare, playing catch is more than just fun and games. It's an exercise in skills we take very seriously. That's why the programs at KinderCare are designed to help your child choose activities that lead to social, physical, emotional and intellectual growth. It's a concept we call Whole Child Development.

And when a grown-up idea like that can help lead little people to bigger things, we think it's the perfect way to get the ball rolling.

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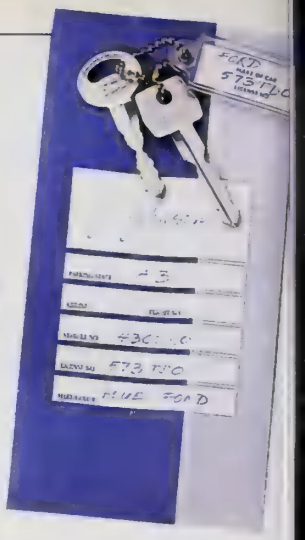
(continued) a seat next to you will be available to accommodate the safety seat, then ask about off-peak times. Tell the airline your plans and ask them to avoid filling the adjacent seat if possible. Call twenty-four hours in advance to see if that spot is open. If it is not, you can then either leave the safety seat at home or buy a ticket for your child.



COMPLAINT DEPARTMENT

If you have a consumer complaint or an outrage that you'd like to share with LHJ readers, please write: Help!, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll tell you how to get a satisfactory response.

Know it all



Rental-car insurance. *If your family's vacation plans include renting a car, do you need to buy any of the insurance the car company sells? If you have your own auto insurance coverage, health insurance, homeowner's or renter's insurance and a major credit card, the answer is probably not.*

Here's what the rental companies offer:

Collision damage waiver (CDW), *at $9 to $12 a day. Your own collision policy will most likely cover damage when you are driving a rented car. (If it doesn't, ask that this be added for a modest extra charge, or switch insurance companies.) Check to see that your policy will pay the full cost of the rental vehicle, and take into account your insurance company's deductible. If you use a major credit card (and refuse the CDW charge), your credit-card company's coverage may pick up where your own leaves off. Check with the bank that issues your card to see if they offer this option. One warning: When you rent a car overseas, you aren't covered by your policy. But if you use a major credit card (and refuse the CDW charge), you'll be fully covered. So who needs to buy CDW? Only people with no personal collision insurance and no coverage through a major credit card.*

Personal effects protection (PEP), *a $1 to $2 a day. The loss of personal propert from a rented car is covered by your home owner's or renter's policy. If you don't hav one, it's a wiser investment than PEP i any case. You're far more likely to hav something stolen from your home than fro a rented car.*

Personal injury protection (PIP), *at $ to $2 a day. Unless you're without healt insurance coverage, say no.*

Two caveats: Most personal auto insu ance policies cover you in rented cars for total of thirty to forty days a year. So rea your policy, and if you rent cars frequentl keep a running tally. Moreover, there is n law that says credit-card companies have t insure car rentals. They can withdraw tha benefit at any time, so stay alert.

warning A DEADLY CONTAINER

Children are drowning at alarming rates in those sturdy five-gallon bucket used to hold items like paint and spackling compound: According to the U.S Consumer Product Safety Commission (CPSC), there have been two hundre such deaths since 1984, mostly among children under fourteen months old.

Many homeowners keep the buckets after they're empty, to use for house hold chores. A curious toddler may lean over to play with the water in the bucke and then topple in, headfirst. The bucket stays upright, trapping the child.

Officials warn parents never to leave unattended *any* large container of liqui Warning labels, to remind adults of the dangers, are available for any five-gallo buckets, as a result of a joint effort by the CPSC and an industry group, the Coalitio for Container Safety. To get one, call 800-282-5385. —RESEARCH BY ELAINE PAPPAS-GRABE

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The laparoscope revolution

Over the past twenty years, laparoscopy—surgery performed with a small lighted telescope and other instruments inserted through tiny incisions in the abdomen—has revolutionized the diagnosis and treatment of conditions such as endometriosis and ovarian cysts. This rapidly evolving technology is now overhauling procedures for hysterectomy and fibroids.



In mid-1991, surgeons performed the first laparoscopically assisted vaginal hysterectomy (LAVH) using a specially designed staple gun to detach the uterus so they could then remove it through the vagina. LAVH drastically reduces the pain, scarring and recovery time associated with traditional hysterectomy. Instead of spending five to seven days in the hospital and four to six weeks resting, patients can usually go home within twenty-four hours after the surgery, which takes about fifty minutes, and resume normal activities within a week. Less time in the hospital also translates into substantially lower cost.

When the uterus is too enlarged to be removed easily, scissors and a laser or electrosurgical device inserted through the puncture incisions can be used to break down the organ, which can then be removed vaginally. This type of hysterectomy can take two to six hours.

Another new development: using a laparoscope to shrink fibroid tumors. This treatment, developed by Herbert Goldfarb, M.D., director of gynecology at Montclair Community Hospital, in New Jersey, begins with a three-month program of the drug Lupron, which shrinks tumors. Then Goldfarb further collapses each fibroid, using a laparoscopically guided laser.

For more information about laparoscopy, contact the American Association of Gynecologic Laparoscopists, 13021 Florence Avenue, Santa Fe Springs, CA 90670; 310-946-8774. —NADIA ZONIS

Benign-lump warning

Most women with benign breast lumps do not have an increased breast-cancer risk. But a recent study at the University of Southern California, in Los Angeles, and Harvard Medical School found that women with one rare type of benign breast condition, atypical hyperplasia, were 3.7 times more likely to develop breast cancer than women with other benign breast conditions.

If you are diagnosed with atypical hyperplasia after a biopsy, your doctor will recommend an early-detection plan based on your specific circumstances. Besides the monthly breast self-exams that every woman should perform, such a plan will probably include twice-yearly manual examinations by a physician and mammography at the appropriate intervals for your age and condition. —SALLY SQUIRES

Is work healthy?

Women with careers are healthier than those who do not work outside the home, according to researchers at the University of California at San Diego. They studied a group of 242 women, ages forty to fifty-nine, and found that the 129 women who were employed, primarily in managerial positions, also exercised more and smoked and drank less than the homemakers in the group. Those in the labor force also had significantly lower cholesterol and blood-sugar levels—signs that they might be less likely to develop heart disease or diabetes. "Our results are contrary to predictions that professional women will be stricken with male heart disease risk and mortality rates," says Donna Kritz-Silverstein, Ph.D., who headed the study.

The foretellings of doom may be all too accurate, however, for some. Yale researchers who recently completed a survey of 311 women aged fifty to seventy discovered that those who felt pulled between work and home were significantly more likely to have been hospitalized for heart disease. Women with the strongest sense of conflict—especially those who felt having a family hindered career advancement—were nearly nine times more likely to have had serious heart problems. —S.S.

"It's only heartburn, I should learn to live with it.....right?"



ATTENTION HEARTBURN SUFFERERS

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Take the heartburn test.

Do you experience these symptoms?	Yes	No
1. Frequent heartburn attacks	☐	☐
2. Frequent use of antacids	☐	☐
3. Heartburn waking me up at night	☐	☐
4. An acid or bitter taste in my mouth	☐	☐
5. Burning sensation in my chest	☐	☐
6. Discomfort after eating spicy foods	☐	☐
7. Difficulty swallowing	☐	☐

If you experience one or more of these symptoms frequently, talk to your doctor. Frequent heartburn may be a sign of a more serious medical problem. Your doctor has treatment plans that can help.

Frequent heartburn. Isn't it time you talked to your doctor?

Glaxo Institute for Digestive Health

Dedicated to medical research and public education

How to get the most from your health insurance

These days, we're paying more for medical coverage—and getting less. Why is this happening, and how can you protect your family?



BY KATHERINE BARRETT AND RICHARD GREENE

On November 3, 1989, Mary Schladen-Evans was worrying about the partial mastectomy she was to undergo the next morning when her doctor's office called with yet another cause for alarm.

The news: Her insurance company, Central Benefits, was refusing to pay for her $10,000 medical bills on the grounds that her breast cancer was a pre-existing condition. Even though she hadn't had a diagnosis of cancer when her policy took effect two weeks before, a lump in her breast had already been discovered. At the time she wasn't too worried, since similar lumps had been found benign in the past. But the insurance company claimed the timing of the discovery made her problem ineligible for coverage. Now the doctor's office wanted to know whether she would be able to pay.

"I went to my husband and told him," says Schladen-Evans, fifty, of Columbus, Ohio. "Then I broke down and cried." She had the operation, but she bore the entire cost herself, a burden she could barely afford.

After more than two years of legal battling, the insurance company was forced to pay her claim. "But now they're getting me back for winning," says Schladen-Evans.

"Our premiums have gone up over two hundred sixty percent. It's obvious that they will continue to raise the rates until we can't afford it anymore, and then I'll be left uninsurable. That's terrifying. If I have a recurrence, and we have no insurance, we don't even want to think about what's going to happen." (When contacted by *Ladies' Home Journal*, Central Benefits said only that they "are still reviewing the case.")

Unfortunately, Schladen-Evans's story is not an isolated one. Thousands of consumers, who have been caught between spiraling health-care costs and declining economic conditions, find themselves paying more for insurance—and being covered for less.

In fact, although the 177 million Americans who have health insurance are comforted by that fact, they may not realize how much their protection has eroded. As Schladen-Evans discovered, comfort can quickly turn to fiscal catastrophe.

"We have a crazy-quilt system of health-care insurance," says Ron Pollack, executive director of Families USA, a consumer advocacy group. "There's no conformity or uniformity in what people can expect. And there are a bunch of crucial things that you have no protection for at all."

Some people, like Dee Dee Batterman and her husband, find that chronic conditions make them virtually uninsurable. Batterman, *(continued on page 56)*



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For kids' allergies, moms and kids agree that Dimetapp Elixir s the answer. Kids like Dimetapp because it tastes good, and Moms are happy to give it to them because it works.

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creates bulk. That bulk in turn creates pre sure against the intestinal wall which th triggers movement.

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om psyllium seed, a known allergen
hich can cause allergic reactions, as
ell as gas and cramping. CITRUCEL,
n the other hand, is made from an
tra-pure plant fiber that's less likely
result in any unpleasant side effects
ke gas and cramping.



Health insurance

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thirty-six, of North Miami Beach, has multiple sclerosis. Her husband, Barry, a court reporter, has heart disease. Two years ago, neither was able to get insurance because of their conditions, and medical bills cost them $60,000. Dee Dee finally was able to get insurance—but only a policy that costs a frightening $530 a month. Uncovered bills run another $800 a month. "We're always behind," she says, a hint of despair in her voice.

Even more tragic are the cases of people with fatal illnesses who suddenly find their coverage revoked or reduced to a token amount. AIDS victim John W. McGann, of Houston, sued his employer, H&H Music, when the company decided, among other changes, to cut coverage for AIDS claims from $1 million to $5,000. McGann lost, and although the case is on appeal, he will never see any benefits from a legal victory. He died in June 1991. This case, which may end up before the Supreme Court, could ultimately affect not only AIDS patients but millions of others who suffer from chronic conditions such as cancer and multiple sclerosis.

What accounts for such shocking stories? To a great extent, the astonishing rise in the cost of health care itself. Total spending on health care, both public and private, has risen 166 percent since 1980, prompted in part by the aging of the population and the increase in catastrophic illnesses like AIDS. Says Melanie Marsh, manager of consumer affairs for the Health Insurance Association of America (HIAA), "Insurers are the messengers bearing the bad news of [cost] increases in medical technology, medical inflation and increased costs of an aging nation."

These costs have made insurers, traditionally reluctant to cover risky individuals, even less willing to issue policies to people who might become ill. Says Arthur A. Levin, director of the Center for Medical Consumers, in New York City, "When [the companies] see their risk growing larger, they want to get rid of it. That's why we have this phenomenon of a growing number of people the industry won't accept anymore." Although no firm statistics exist for the number of people who are turned down by insurance companies, "it's a safe assumption that the number is growing," says one expert. In all, more than 35 million Americans are uninsured.

Another factor in the health-insurance crunch: the recession, which has forced company after company to cut costs by limiting coverage or even eliminating it. Some firms have responded to the problem by self-insuring—in other words, setting aside cash reserves to pay for their employees' medical benefits. This pr sumably saves money that would ha gone to insurance-company profits ar administrative costs. About four out ten large firms now self-insure.

But self-insuring is considerably dici for very small companies; one big medic bill could wipe them out. "If they ha several employees with more tha $100,000 in claims, they may be in b trouble," says Karen Milgate, of th Washington Business Group on Health, coalition of large employers concern about health-policy issues.

Employees are feeling the pinch, too: recent study by Families USA repor that the average American family spen some 11.7 percent of its income on heal care, including insurance. By the end the decade, that figure is expected reach 16.4 percent.

What can be done? The government, both the federal and the state level, h been taking steps to reform the insuran industry. Some of the legislation mo likely to be approved would protect em ployees of small firms from having to pa exorbitant costs for insurance. But unt such laws are passed, the best protection consumer has is education: knowing wh kinds of insurance plans are available ar the questions you must ask before yo sign a policy.

Learning the basics

Generally, health insurance falls into tw categories: traditional plans, or "fee-fo service," and newer types, known "managed care." An estimated three every five employees use fee-for-servi coverage, under which the individual ca choose which doctors and hospitals sh wants to go to. But managed care, whic restricts a patient's choice of physicians, fast rising in popularity among compani concerned with holding down costs.

Most fee-for-service policies don't pr vide any benefits at all until after a d ductible (an initial payment by th patient) has been made; they then pay percent of the cost of treatments up to set cutoff point.

Of course, supplemental insurance cover co-payments (see the glossary, pa 66) is generally available only to recip ents of Medicare. But there is one way help defray co-payments and deductible So-called flex accounts allow consume to set aside money, through payroll d ductions, that can be used for uncover medical expenses. Since these deductio are made before taxes are taken out, ind viduals are able to pay these expenses i pre-tax dollars, potentially saving as much as thirty-three cents on the dollar.

Under managed care, on the oth hand, the individual pays much less fo going to the doctor—but has less flex bility in choosing that doctor. The alph bet soup of *(continued on page 6*


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Health insurance

continued from page 56

managed-care systems includes preferred-provider organizations (PPOs) and point-of-service plans (POSs). (For definitions of these, see the glossary, page 66.)

Far and away the most popular of managed-care alternatives is the health-maintenance organization (HMO). Almost 39 million Americans were enrolled in HMOs at the end of 1991, a 400 percent rise since 1980. Unlike traditional fee-for-service plans, an HMO requires you to pay only a small fee for visits to doctors and lab tests. It also provides some benefits not usually found in fee-for-service plans, like coverage for annual checkups.

The catch: It restricts your choice of doctors to a predetermined list and requires you to get a referral from your primary physician before visiting any specialists. So before joining an HMO, it's vital to find out if the doctors on its list meet your needs.

But for small firms, even HMOs may prove too expensive, although they still cost less than traditional plans. Says Milgate, "Small companies are pretty much out there on their own. Sometimes their only choice is to stop providing insurance altogether."

When that happens, employees resort to so-called bare-bones policies they buy themselves, if they can afford it—traditional insurance that provides very little protection. "There are huge deductibles, and you may have high out-of-pocket expenses, even for covered medical treatments," says Pollack.

The uninsurance game

In some cases, employees of a small firm may lose coverage entirely because one of their co-workers has a serious illness. This happened to Margaret Lofner, of Arlington, Texas, and her colleagues at a health clinic. Lofner, forty-four, a registered nurse, has a condition called protein S deficiency, which causes blood clotting. She also had a hysterectomy last year for a cancerous condition. In 1991, the clinic where she worked suffered skyrocketing premiums—in part because Lofner and several co-workers had high medical bills. As a result, the clinic simply stopped providing coverage for its employees. Some of the clinic workers were able to get insurance on their own, but Lofner could not. So she had to leave a job she liked; luckily, she found a large employer that was willing to include her in its plan.

Often, however, it is the insurance company that refuses to cover individuals, most commonly because they have a so-called pre-existing condition—a medical problem that existed before they signed up for a particular policy.

If, for instance, you are being treate for cancer and change jobs, your new i surance company will probably refuse cover cancer treatments for a year more—or refuse to insure you altogethe Partly as a result of this policy, more ar more Americans are staying in their jo because they fear the loss of the heal coverage they already have. In fact, a r cent nationwide study revealed that thr in ten Americans—or members of the households—have remained in a compar they wanted to leave simply to keep the health benefits.

Furthermore, some insurance firms t to broaden the definition of "pre-existi condition," balking at covering peop who aren't even sick when they take t policy. About fifteen months ago, Ani Hamel, fifty-three, a computer progra mer from Boston, had a mammogram th yielded ambiguous results. After a secon mammogram, her doctor suggested th she see him again in another six month as a precautionary measure.

During that period, she took out a ne insurance policy. After the policy was effect for several months, the insuran company, alerted to the previous mamm grams by Hamel's doctor, said it woul not cover her for any future breast cond tions. Presumably, the repeat mamm gram made her too risky an insuran prospect. Her doctor maintains that h

ent the company nothing indicating any oncern of a precancerous condition.

The fact is, even though you have been sued insurance, if insurance companies an raise any questions about your original pplications, they will. In Hamel's case, er health has, luckily, remained good, but ne cannot afford the high-cost insurance hat would include any breast problem. So ow she has no coverage at all.

Companies may also contest if the therpy is somewhat new. A few relatively ommon procedures that many insurers onsider experimental are in vitro fertilzation; the use of lithotripsy for gallstones, a treatment in which the stones re obliterated with sound waves; and one-marrow transplants for cancer.

Sadly, these policy decisions are, in ome cases, literally life-and-death ones: When Leo Cawley, an economics profesor at Georgetown University, in Washington, D.C., needed a bone-marrow ransplant last year for his bone cancer, Blue Cross refused coverage. His doctors elieved that such an operation offered im the chance of a complete cure; but the nsurance company maintained the techique was experimental. Cawley sued—ut while the suit was pending, he died.

Getting help

Clearly, not even the most keen-eyed conumer can foresee every possible healthnsurance problem. If you do run into ne, you will probably be able to get help rom your state insurance commission. Most have consumer-complaint departments that can aid in forcing companies o pay reasonable claims or come to some ind of compromise.

Another important point: If a pre-existng condition or a serious illness causes ou to be turned down or have your overage cut back, you may still be able o get insurance through "high-risk ools"—plans provided by twenty-six tates to give insurance to otherwise uninurable people.

Unfortunately, though, most employees with average health who are insured hrough large companies *cannot* turn to heir state regulators. That's because these ompanies often self-insure their employes, and self-insured firms have been exempted from state regulations in a series f recent court rulings. Such plans are egulated on the federal level by the Department of Labor and the Internal Revenue Service, which tend to be less responsive to consumer complaints. "The federal government has no consumer protection regulations for the insurance programs," says Frank Byles, senior life and health officer in the Washington state commissioner's office.

Bob Zachariasiewicz, deputy director of nformation and public affairs for the Department of Labor, admits that there ave been complaints about his agency's responsiveness. But he adds, "All questions that come in are ultimately answered. You may not be happy with the answer you get, but you will get an answer."

So, for some consumers, the only alternative may be a lawsuit. But if the amount at issue is $10,000 or less, it may be impossible to get an attorney to take the case for a percentage of the settlement. And legal fees can easily exceed the medical bills.

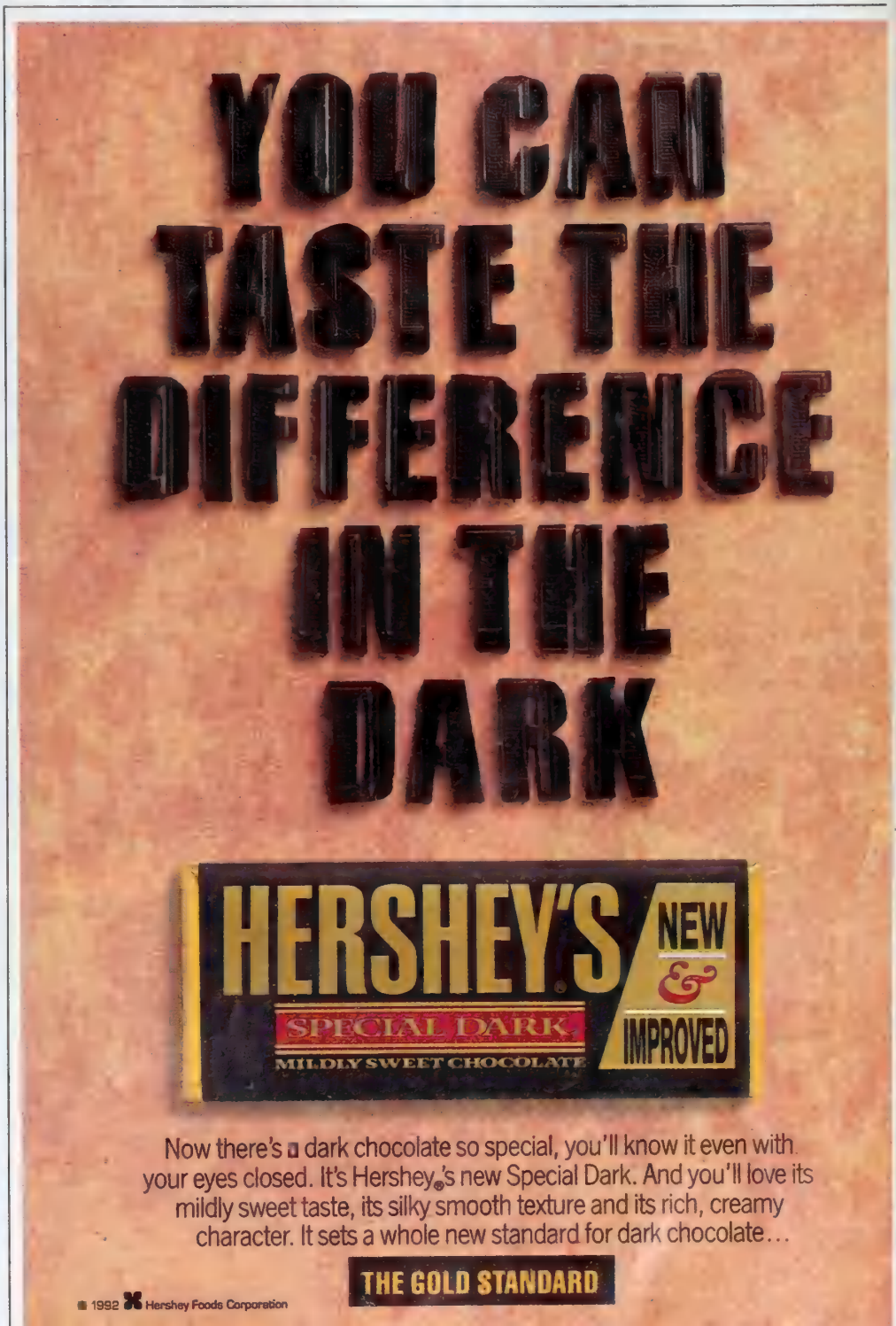
What's more, says Byles, "suing your employer is not a good idea for cordial working relations. And so a lot of claims don't get paid, because a person doesn't feel secure enough in her employment."

But, experts say, there *are* steps you can take to prevent that from happening. "The best advice I can give to people is to understand the insurance they have," says Melanie Marsh, of the HIAA. "You need to read your insurance booklet the day you get it. And re-read it every six months or if your situation changes."

What should you look for? Patricia Brewer, supervisor of the life-and-health-complaint unit for the Texas Department of Insurance, has a checklist to follow.

- How much is the deductible? Is it per illness? Per year? Per family member?
- What benefits are specifically covered?
- What benefits are excluded? (Any item not named as a benefit is not covered.)
- What is the maximum the plan will pay?
- Under what conditions can the insurer cancel your policy? Is it renewable at your option or the

(continued on page 66)



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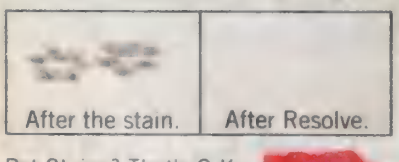


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Health insurance

continued from page 61

company's option? How much notice will you get if the company cancels? (Beware, however: The insurance company may only inform your employer, not you, if you are being dropped.)

- Under what conditions can the company increase premium rates? How much notice must they give on an increase?
- What is the maximum the company will pay for each illness? What is the maximum it will pay for the lifetime of the policy?
- Are there limits for coverage on types of care that are of particular concern to you?
- What types of services does the policy cover? Some will pay outpatient treatment only if it's served in specific settings, such as hospital emergency rooms.
- Are there any "exclusion riders" that eliminate any person or health condition from coverage?
- Are there any limits on medicines or tests or other hospital expenses?
- What are the limitations on pre-existing conditions? How does the company define a pre-existing condition?
- If you choose an HMO, does the plan include specialists for any specific problems you have? Does it offer physicians who are affiliated with any hospitals you may prefer?
- When you're filling out an application form for a policy, make sure you give your complete medical history—even if the benefits manager at your company (or the insurance agent, if you're buying coverage on your own) tells you it's not important. And if you're uncertain about the proper way to interpret a question, ask before you submit the form.

Clearly, the best advice for consumers is to watch out for yourself—because no one else will. Mary Schladen-Evans learned that lesson the hard way. "You have to read the fine print," she says. "You have to call with every procedure, and demand things in writing. Keep a file of things coming in and out. Keep a running log of every phone conversation and who you talked to. Date everything you receive. You have enough to worry about when you're sick; the last thing you need is to worry about your insurance."

Katherine Barrett and Richard Greene write frequently about financial and health issues.

A glossary of health-insurance terms

Cap The maximum that a particular insurance plan will pay; expressed either yearly, per medical problem or for a lifetime.

Catastrophic coverage A policy with a very high deductible (a couple of thousand dollars or more)—that essentially covers you only for major health problems.

COBRA The Consolidated Omnibus Budget Reconciliation Act. This federal law guarantees that if you work for a business with twenty or more employees and leave the job, you are entitled to continued coverage, though at a higher price than when you were working, for at least eighteen months after you terminate employment.

Co-insurance The amount, generally expressed in percentage terms, that you are required to pay for health care after a deductible has been met. For instance, some policies may require you to pay 20 percent of all bills until you have paid $2,000; after that the policy will cover 100 percent of your claims.

Deductible The amount you have to pay yourself before the insurance policy starts providing benefits.

Group coverage Large groups of people who are covered as a unit and can thus get discounts on their premium (see below), such as firms or unions.

Health-maintenance organizations (HMOs) One of a variety of insurance programs that provide broad coverage to individuals at lower cost than traditional plans. Usually, however, members can use only physicians who have agreed to participate in the plan.

Indemnity insurance Traditional coverage, in which premiums are paid on a regular basis, in exchange for which the insured person is reimbursed for a prescribed set of benefits.

Point-of-service (POS) plans A modification of traditional HMOs, which will reimburse members on a limited basis for the use of physicians who are not in the plan.

Pre-existing condition Usually defined as a disease or other medical problem that had been diagnosed before an insurance policy goes into effect.

Preferred-provider organizations (PPOs) An arrangement in which individuals have comprehensive coverage when they use doctors or hospitals who participate in the plan, and more limited coverage for others.

Premium The money paid by you or your employer in exchange for insurance coverage.

Self-insurance For a company, it means covering employees directly, without involving an insurance company.

Stop-loss limit The point at which co-insurance payments are no longer required. For example, some policies require you to pay 20 percent of medical bills until you have paid $2,000 yourself. The $2,000 is the stop-loss limit.



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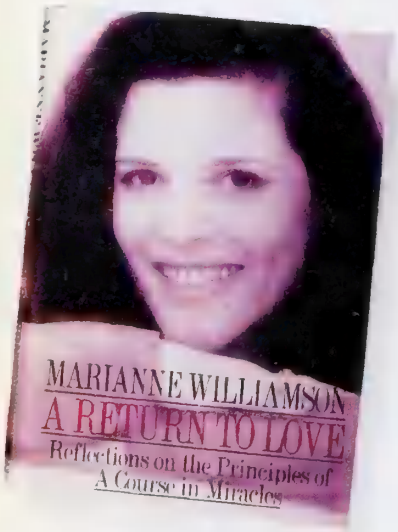
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Help yourself

While they've always been popular, self-help books are once again taking over the best-seller lists. Why? People are feeling especially helpless right now and "are trying to empower themselves," says Norman Schaffer, Ph.D., a psychologist in King of Prussia, Pennsylvania, who's an expert on self-help books.

Today's stellar sellers are inspirational books that combine psychology with spirituality. Here's a look at three of the top authors.



A PROPHET FOR THE '90s?

To Marianne Williamson, it's no miracle that *A Return to Love*, her guidebook for the soul, recently soared to number-one on the best-seller list. "People have a very valid and genuine spiritual hunger today," she says.

Williamson, thirty-nine, who lives in L.A. with her two-year-old daughter, is Hollywood's latest guru. Raised in the Jewish faith, she preaches an eclectic philosophy to acolytes like Liz Taylor (Williamson officiated at Taylor's wedding last October) and Oprah, who told her viewers: "I have never been as moved by a book."

Williamson teaches that peace and happiness come when we let go of fear, which she says dominates our lives, and adopt a view of the world based on love. To do this, we must embrace God. Williamson also advises living fully in the present, rather than dwelling on the past or future.

She gets the word out in regular lectures in Los Angeles and New York, often to crowds of more than a thousand. In 1987 and 1989, she founded the Centers for Living, nonprofit organizations in L.A. and New York that provide nonmedical support services to people with AIDS and other illnesses.

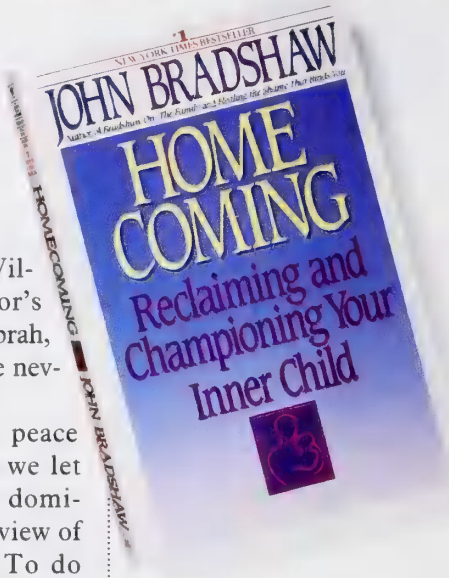
Williamson's rise to prominence has attracted some controversy—critics claim she's overly concerned with her own fame.

Hard at work on her second book, how does Williamson react to the success of her first? "I hope the book will help somebody. Nothing liberates our greatness like the desire to help, the desire to serve."

CHAMPION OF THE INNER CHILD

For the millions who have read his books and watched his PBS series, John Bradshaw, the man who made "the inner child" a household phrase, is the ultimate father figure. In his recent best-seller, *Homecoming* (Bantam), he declares that we can never fully grow up until we come to terms with the damage suffered in childhood.

"I think all families are dysfunctional," says Bradshaw, a *(continued)*



Therapy that really works

If you think self-help books are just hype, you may want to think again. Recent research at the University of Alabama at Tuscaloosa has demonstrated that some books can make a positive difference.

Psychology professor Forrest Scogin, Ph.D., studied forty-four men and women over sixty who were suffering from mild to moderate depression. The participants read one of two books that provided specific information on fighting the blues: "Control Your Depression," by Peter Lewinsohn, Ph.D. (Prentice-Hall, 1986), or "Feeling Good," by David D. Burns, M.D. (New American Library, 1981). Scogin found that 66 percent of the participants improved significantly after reading the books, and most still felt better two years later. Preliminary research indicates the same results among people as young as eighteen.

Why was reading so successful? Says Scogin, "The books we use help people understand depressive thinking and behavior so they can change it."

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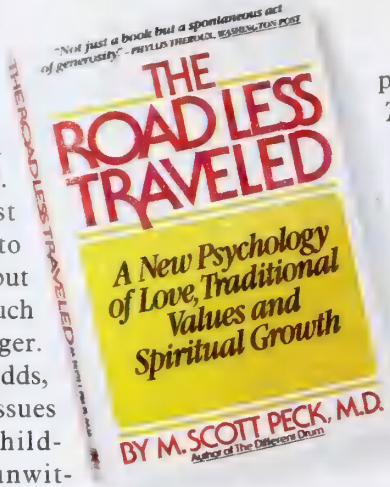
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(continued) former addiction counselor who once studied for the priesthood. He says that most of us are taught to suppress negative but natural emotions such as sadness and anger. Most parents, he adds, have unfinished issues from their *own* childhoods that they unwittingly take out on their kids.

"I've given people the message that you really were hurt as a child, and it's okay to feel the hurt," says the fifty-eight-year-old in a Texan drawl. "You're not dishonoring your parents."

Bradshaw has had plenty of grieving to do himself. His father was an alcoholic who deserted the family. When he was in high school, Bradshaw started drinking, too. His subsequent recovery from alcoholism helped him form the philosophy that the wounded inner child is the root of all addictions and compulsions.

Today, besides working on a book, due this fall, about loving relationships, Bradshaw conducts popular two-day "Inner Child" workshops throughout the country. Critics contend that participants blame their parents for all their problems, but Bradshaw says people learn to understand and grieve for old hurts, and then to forgive, move on and take responsibility for their own behavior. "Now that you're championing the child, you've got to stop acting childish," he says. "Your adult becomes the executor of your life."

THE ROAD TO SUCCESS

"*Life is difficult.*" That's the surprisingly flinty message of one of the most popular self-help books ever: *The Road Less Traveled*. This guide to living a meaningful life has been a best-seller for nine years.

The man behind the four million copies is **M. Scott Peck, M.D.**, a fifty-six-year-old psychiatrist. In the book, he counsels that only when we understand that life is hard can we grow spiritually and begin to really enjoy ourselves. "In many ways, I was writing what I'd learned on my own journey up until that time," he says. "Part of it came out of my experience as a psychotherapist, much of it as a husband and as a father."

Peck doesn't like to call *The Road Less Traveled* a self-help book, but when pressed, he defines it as the most sophisticated self-help book available. "My audiences tend not to buy simple solutions," he says. He feels the book's appeal is its combination of practical and spiritual guidance.

As the book climbed the charts, Peck gave up his practice, started lecturing, became a devout Christian and wrote four other books, including a murder mystery and love story called *A Bed by the Window* (Bantam, 1991).

He's also been busy with his Foundation for Community Encouragement, a nonprofit organization based near his home in Connecticut, which teaches groups how to communicate and function more effectively. He's now writing a new book, based on this work. Says Peck, it "tries to tell you how to do it right in your family and business life, as *The Road Less Traveled* tries to tell you how to do it right in your personal life."

—SARAH MCCRAW, NADIA ZONIS

"I've given people the message that you were hurt as a child, and it's okay to feel the hurt," says John Bradshaw.

WHAT MAKES MEN REALLY *attractive*

Men of America, take note: According to a new study, women are much more likely to consider nice guys good-looking.

"There's been a lot of research on what attracts *men* to women," says researcher Lauri Jensen-Campbell, a doctoral student in psychology at Texas A&M University. "I wanted to see what *we* find attractive about men."



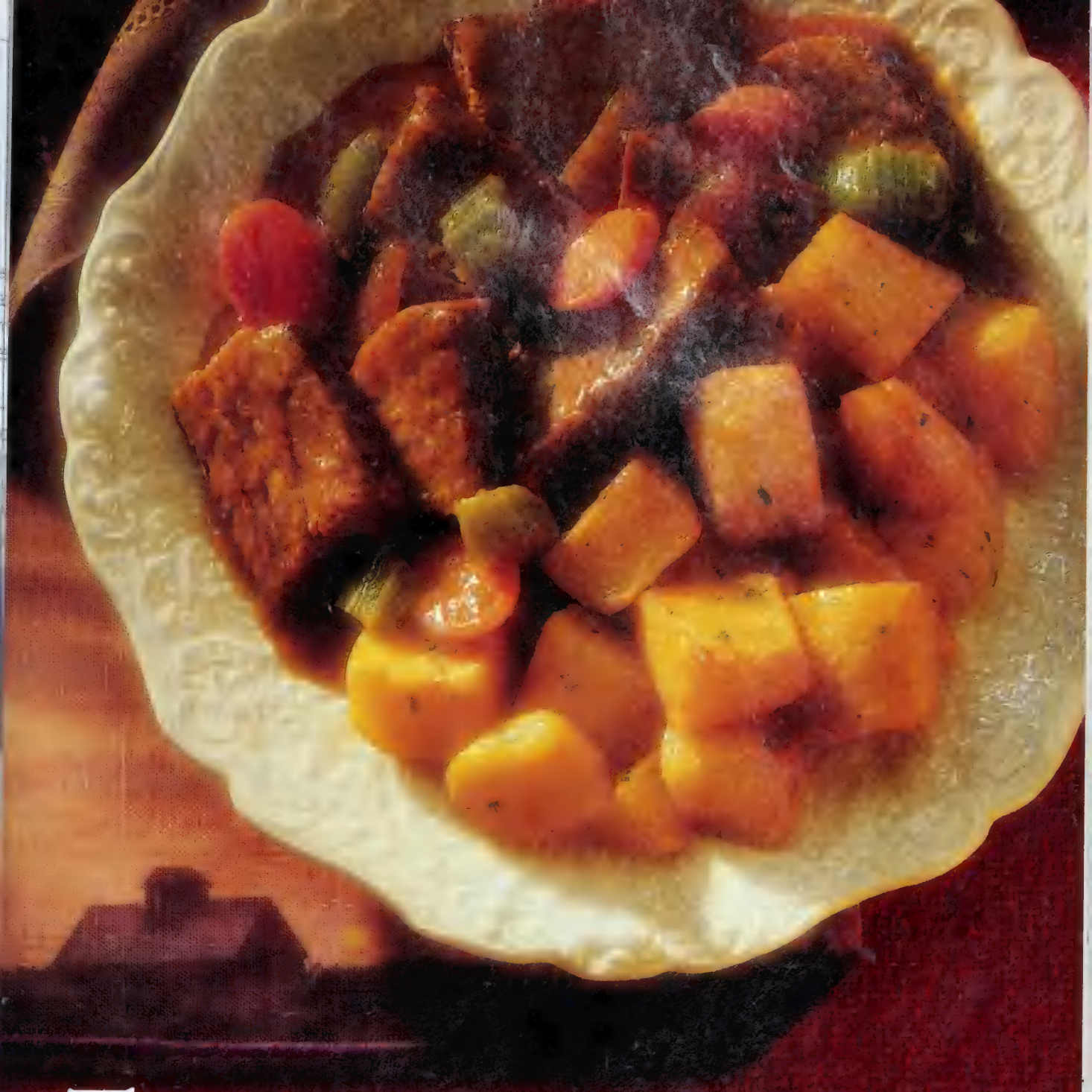
In the study, two handsome male acting students were videotaped demonstrating either selfishness or thoughtfulness. The two men were then made up to look unattractive and filmed a similar set of videos.

More than one hundred women each viewed one of the tapes and rated the looks and sex appeal of the man she saw. The women gave nice guys top scores for attractiveness, even when they looked less than handsome.

—SHANA ABORN



TV GOOD GUYS: JOHN GOODMAN (ABOVE) AND TIM ALLEN (LEFT) PROVE THAT NICENESS ATTRACTS



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"The Original 'In Disgrace'"

In full color on bone china

Shown smaller than actual diameter of 8¼ inches

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It was an accident. The flower looked so beautiful and smelled so sweet. She just wanted to take a closer look. But so did her canine companion. Now they both stand in the corner – in disgrace.

"The Original 'In Disgrace'," created by Charles Burton Barber, one of Victorian England's most acclaimed artists, is re-created in a fine bone china collector's plate from Royal Doulton. It's available now – and it looks like a smart buy. Here's why it's a Bradford Exchange recommendation:

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It's an impressive work of art, created from an original work by artist Charles Burton Barber. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

"The Original 'In Disgrace'" has the potential to appreciate in value, because the edition is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

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Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "The Original 'In Disgrace'" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "The Original 'In Disgrace'" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "The Original 'In Disgrace'" is now, *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. IV-2.

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Pending credit approval. The plate price in Canada is $39.00.

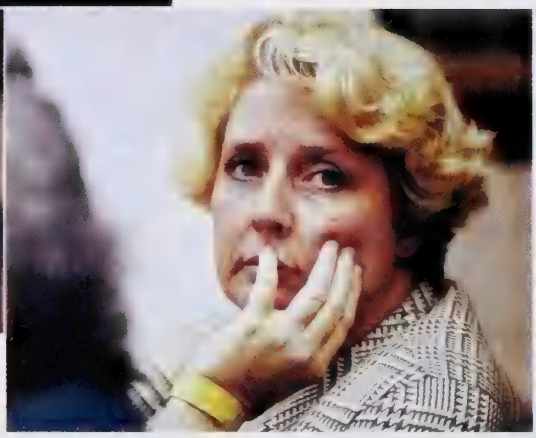
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THE THREE FACES OF EVIL (FROM LEFT): JEFFREY DAHMER, THE COMPULSIVE STALKER; PAM SMART, THE COLD-BLOODED SCHEMER; BETTY BRODERICK, THE WRONGED WIFE WHO EXACTED A DEADLY REVENGE

The devil inside

Few of us can imagine committing heinous crimes like those of Jeffrey Dahmer. But what about less sensational slayings? What makes some people take a life?

BY KATHRYN CASEY

Murder, that most primally evil of all acts, has never been as close to our everyday lives as it is now. Tabloid news shows tell us daily tales of horror; weekly TV movies graphically recount grisly crimes. And if we ever tire of dramatizations or fictionalized accounts, we can turn to the cable channel Court TV—and see, live, the *real* killers as they sit at the defense table or are led off to prison.

In some cases, like that of Jeffrey Dahmer, the killers have committed acts that with their compulsive bloodthirstiness, shock even the most jaded.

Other murderers, however, like Betty Broderick, a San Diego homemaker, frighten us by their seeming normality. Seeing her on the witness stand, it was difficult to believe that she had fatally shot her ex-husband and his new wife. Yet by her own admission, she had done just that.

Clearly, killers like Dahmer are beyond the pale of civilized conduct; most of us know we could never do what they have done. But could we, like Betty Broderick, take another person's life under the right—or wrong—circumstances?

The answer, it seems, is yes. Experts agree that theoretically, we are all capable of murder. Says Robert deVito, M.D., head of psychiatry at Loyola University Medical Center, in Maywood, Illinois, and an expert on serial killers, "There are situations in which a perfectly normal individual could be pushed to the point where murder is possible." Adds James Grigson, M.D., a Dallas psychiatrist known as Dr. Death for his expert testimony in capital cases, "You find people with very good morals, and something just blows."

Deadly strangers

Overall, murderers fall into several general categories: serial killers; mass murderers; those who kill on the spur of the moment; and those who cold-bloodedly plan their crimes.

The most frightening of all these, however, are serial killers, who strike *(continued)*

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What's Scarlet Red, Light As A Feather, And Always Hungry?

The devil inside
continued

with no warning and no motive. They are reclusive and deadly, and their numbers are small: At any one time, authorities estimate, only thirty to thirty-five serial killers are active in the U.S.

While the traditional motives for murder include jealousy and greed, for serial killers the incentives are the stalking of victims and the slaying itself.

"The ingredient critical to the profile of a serial killer is an excessive need for control and dominance over the victim," says James Alan Fox, Ph.D., dean of the college of criminal justice at Northeastern University, in Boston, and co-author of *Mass Murder: America's Growing Menace* (Berkley, 1991). "His greatest pleasure is feeling his victim's last breath of life leave her body."

Male serial killers sometimes display appalling compulsions, like Dahmer's necrophilia and cannibalism. For the most part, women serial murderers have chosen less gruesome methods: Genene Jones, the Texas nurse who was convicted of killing one child and is suspected of murdering twenty others, gave her victim a fatal injection.

In fact, authorities believe that Aileen Wuornos, the Florida prostitute sentenced to death earlier this year, is the first woman serial murderer to follow the classic male model of hunting her victims and killing them brutally. Investigators say Wuornos, convicted of fatally shooting one man, is linked to the deaths of six others.

Not surprisingly, many of these killers have violent roots: Often they are the victims of childhood sexual, physical or psychological abuse. As children, many also start fires and torture animals. They have little self-esteem and a sociopath's inability to feel other people's pain, or sorrow for any wrong they themselves commit. In short, Fox says, serial killers appear to be formed by a combination of nature and nurture, or "bad seed, bad soil and bad watering."

Sudden deaths

Unlike serial killers, mass murderers do not engage in mayhem over a prolonged period of time. Instead, they go on a rampage that usually lasts no more than a few hours. And, experts say, they have entirely different motives: Essentially, they are acting out their own suicide.

It's safe to assume, for example, that George Hennard, who killed twenty-three people in a Killeen, Texas, restaurant last October, did not expect to survive his bloody rampage. And in fact, he did not; after being wounded in a shoot-out with police, he killed himself. Experts speculate that Hennard, who had displayed psychotic behavior over a long period of time, could have wanted, out of simple rage, to punish as many people as pos ble—especially women, whom he spised. "Someone like Hennard hates world," says Fox.

Hennard also showed some of the m common characteristics of a mass murd er, experts say. These killers are usu white men in their late thirties and ea forties; they've had a lifelong strug with frustration and failure; and there usually a precipitating event, such as a vorce or the loss of a job. They are a loners, whether psychologically or phy cally; and they love guns.

Crimes of passion

Although they make the biggest he lines, serial killers and mass murder kill only a small number of people e year. Most victims are far likelier to murdered by someone they know.

The numbers are shocking: In m than half of the approximately twen three thousand annual homicides in United States, the victim knows his her killer. Nearly a third of the wom murdered each year are slain by th spouses or boyfriends. (The figure men is 4 percent.)

But while such killings can take pl without any warning, it's rare that they so. Frequently there are signs that er tions are escalating to lethal proportio "There's always a story there," says G Cooper, a supervisory special agent w the FBI's National Center for the Analy of Violent Crime, in Quantico, Virgi "If it's not physical abuse, it's proba psychological."

The final murderous rage, experts s is an explosion of deep-seated grievan that may have developed over a span many years. "Most of us have to build a head of steam," says criminologist H Hickey, Ph.D., author of *Serial Murde and Their Victims* (Brooks/Cole, 1991).

Such seems to have been the case w Betty Broderick, who was incensed t her affluent husband had left her fo younger woman. Devastated by a leng divorce battle, the mother of four erup in periodic rages. The night she went the home he shared with his new w Broderick claims, she was trying to cor him to make him listen to her complai Instead, she killed her ex-husband a the woman for whom he had left her.

Far from seeing herself as exercis total control, as a serial killer wou Broderick and murderers like her f utterly out of control, at the end of th rope. "These are individuals who ca come up with any other solution," s Robert deVito. "The very fact that they sought the extreme tells you how he less they feel."

The everyday killers

Most perplexing of all murderers, p haps, are the seemingly ordinary peo

who carry out elaborate, deadly schemes. They are people like Pam Smart, the New Hampshire high school instructor convicted of hiring her student/lover to assassinate her husband so their marriage would be over. Or Charles Stuart, the Boston salesman who claimed a mugger had shot his pregnant wife, but who had actually arranged her death to collect on an insurance policy. On the surface, Smart and Stuart were pillars of their communities, smart, ambitious, personable people.

That's why they are so troubling: They call into question our ability to separate ourselves from those who calculatingly commit murder. "We want to believe that people who look and act normal are normal," says Hickey. "Because if they're not, then how do we know *we're* normal?"

So are people like Smart and Stuart truly normal? The experts say no. Although they don't have the murderous compulsion of a Jeffrey Dahmer, they show the same sociopathic tendency of being unable to comprehend the pain of others. In contrast to a serial murderer, this type of killer regards the act itself as unimportant and merely a way of disposing of someone he views as an impediment to his goals.

In addition, experts say, people who concoct murderous plots tend to believe that they have superior intelligence and charm, qualities that will prevent them from being caught and punished. Says Hickey, "They feel invincible."

Although they may feel omnipotent, these killers don't act rashly but fantasize about the murder long before taking any action. Says Cooper, "There are three parts to a person's life: the public, the private and the secret. We just don't know what's going on in a person's secret life." And it is at this innermost level that murderous schemes are born.

A deadly few

Who among us, then, will cross the line that separates the ordinary citizen from the murderer? In the end, relatively few people. For even though we are all subjected to life's inequities and many of us have violent tendencies, we also have moral safeguards that prevent us from resorting to a violent solution to our problems.

Says Hickey, "Most people know that killing is wrong." And another bit of common knowledge—that killers are often caught and convicted—occasionally acts as a brake, too. Says Fox, "Obviously some people are deterred by fear of punishment."

Yet the experts agree that at some unknown point each of us is capable of abandoning our ingrained values. "Our thresholds are all different. For a few of us, it might take only a slight discomfort," says Fox. "But for most of us it would take self-defense or our child's being treated violently to encourage us to kill."

Since Cain and Abel, otherwise ordinary men and women have acted out their homicidal furies. And there will undoubtedly always be people like Betty Broderick or Pam Smart or Charles Stuart, who live ordinary lives for years, while inside they are building up to a murderous rage.

In hindsight, the experts will discover that all the clues were there to determine that these people would kill. But only in hindsight.

For though we are more familiar than ever with murder, there is something that no tabloid news show or movie of the week can tell us: why one person suddenly turns deadly and another does not. That particular question is, perhaps, the ultimate unsolved mystery. ■

Kathryn Casey is a contributing editor of Ladies' Home Journal.

Coming in July

Great outdoors cookbook In the good old summertime, eating is often an outdoor event. We've lined up some all-American favorites—juicy burgers, tasty chicken, mouth-watering salads and irresistible desserts—that are sure to light up any Fourth of July celebration.

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Gardens, she wrote July's colors aren't all in the sky. Join us for an intimate tour of Angela Lansbury's elegant English garden.

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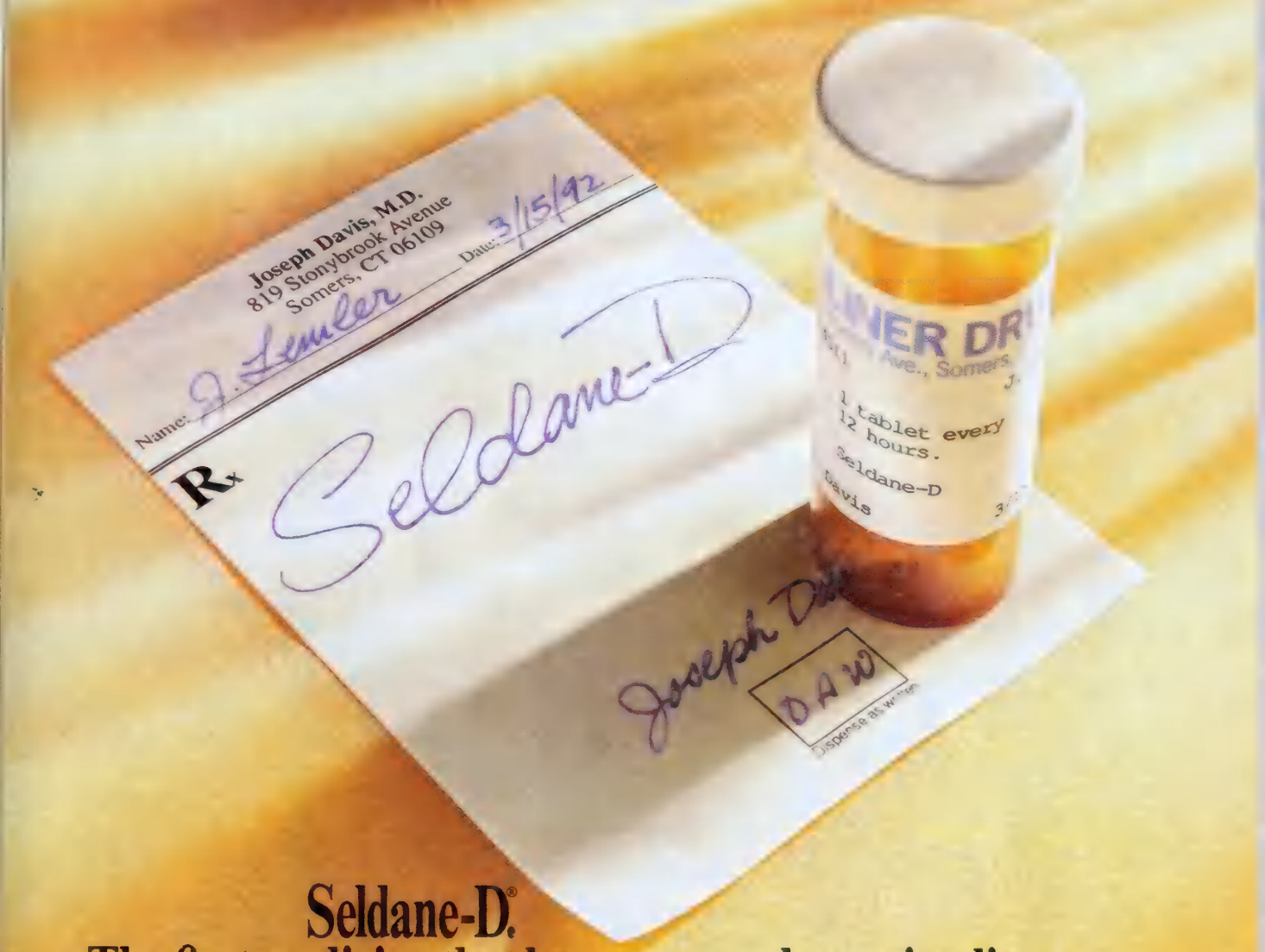
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Antihistamines (like Benadryl®) can relieve some of your symptoms, but they can also make you drowsy. And while decongestants (like Sudafed®) don't make you drowsy, they can only relieve your stuffed-up nose.*

Seldane-D combines a nonsedating antihistamine with a decongestant for the first time.
The antihistamine in Seldane-D is the world's most prescribed nonsedating antihistamine.† The "D" in Seldane-D is the most preferred decongestant.‡ Just one tablet every 12 hours gives you relief around the clock without causing sedating side effects. Of course, your doctor is the person best qualified to tell you if Seldane-D is right for you.

Any prescription or over-the-counter decongestant may cause nervousness, dizziness, or significant levels of insomnia, and may not be appropriate if you have hypertension, diabetes, or glaucoma. Any medicines you are taking should be reported, too. So, talk to your doctor. It just may be worth it.

SELDANE-D®
(terfenadine 60 mg and pseudoephedrine HCl 120 mg)
EXTENDED-RELEASE TABLETS bid

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PLEASE SEE THE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON AN ADJACENT PAGE.

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BRIEF SUMMARY

Seldane-D®

(terfenadine and pseudoephedrine hydrochloride)
Extended-Release Tablets

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide and zinc stearate.

INDICATIONS AND USAGE

Seldane-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of Seldane (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired.

CONTRAINDICATIONS

Seldane-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly: The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General: Seldane-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine. Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g., hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. These events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for Patients: Patients should be questioned about pregnancy or lactation before starting Seldane-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be instructed to take Seldane-D only as needed and not to exceed the prescribed dose. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS): Monoamine oxidase (MAO) inhibitors and beta-adrenergic blockers increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines. Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane-D with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No studies have been conducted to evaluate the carcinogenic potential of Seldane-D. Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis. Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C: The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well controlled studies in pregnant women. Seldane-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS): Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use: Safety and effectiveness of Seldane-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

In double-blind, parallel, controlled studies in over 300 patients in which Seldane-D was compared to extended-release pseudoephedrine, adverse reactions reported for greater than 1% of the patients receiving Seldane-D were not clinically different from those reported for patients receiving pseudoephedrine (see table below).

Pseudoephedrine may cause ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weakness, pallor, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, CNS depression, arrhythmias, and cardiovascular collapse with hypotension.

With terfenadine, rare reports of cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In controlled clinical trials with terfenadine, using the recommended daily dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included: *Central Nervous System* — Drowsiness, headache, fatigue, dizziness, nervousness, weakness, appetite increase; *Gastrointestinal System* — Abdominal distress, nausea, vomiting, change in bowel habits; *Eye, Ear, Nose and Throat* — Dry mouth/nose/throat, cough, sore throat, epistaxis; *Skin* — Eruption (including rash and urticaria) or itching. Also reported spontaneously during the marketing of terfenadine were: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbances.

Also in clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving terfenadine. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis and hepatitis. In most cases available information is incomplete.

FREQUENTLY (>1%) REPORTED ADVERSE EVENTS FOR SELDANE-D IN DOUBLE-BLIND, PARALLEL, CONTROLLED CLINICAL TRIALS*

	Percent of Patients Reporting		
Adverse Event	Seldane-D (N=374)	Pseudoephedrine (N=287)	Placebo (N=193)
Central Nervous System			
Insomnia	25.9	26.8	6.2
Headache	17.4	17.1	22.3
Drowsiness/Sedation	7.2	4.9	11.4
Nervousness	6.7	8.4	1.6
Anorexia	3.7	3.8	0.0
Fatigue	2.1	1.4	2.1
Restlessness	2.1	1.0	0.0
Irritability	1.1	0.0	1.0
Disorientation	1.1	0.0	0.5
Increased Energy	1.1	0.0	0.0
Hyperkinesia	1.1	1.0	0.0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	11.4
Blurring of Vision	1.1	0.3	0.5
Gastrointestinal			
Nausea	4.5	6.6	5.2
Skin			
Rash	1.1	0.0	0.0
Cardiovascular			
Palpitations	2.4	3.8	0.5
Allergy Symptoms			
Sore Throat	1.9	1.7	1.0
Cough	1.6	0.3	1.0
Other			
Infection, Upper Respiratory	1.3	2.4	0.5
Taste Alterations	1.1	1.0	1.0

*Seldane-D B.I.D., pseudoephedrine 120 mg B.I.D.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed whole, morning and night.

HOW SUPPLIED

Seldane-D Tablets containing 60 mg of terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg of pseudoephedrine hydrochloride in an extended-release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped, debossed "SELDANE-D". Store at controlled room temperature (59°-86°F) (15°-30°C). Protect from moisture.

Product Information as of June, 1991

MARION MERRELL DOW INC.
KANSAS CITY, MO 64114
U.S. Patent 3,878,217 and 4,929,605
Other patent applications pending

Look-alike search

continued from page 38

1. Complete the entry form or include the following informa tion on a 3" x 5" card: name, address, phone, sex, social s curity number, height, weight, date of birth, hair and e color, celebrity look-alike and your signature. Attach a bri essay (fifty words or less) explaining what it is about you th resembles this person and what qualities you admire in her him. The celebrity must be living. Also send two color phot of yourself, taken within the past 60 days, one head sh and one full-length shot. The photographs must be col snapshots and no larger than 5" x 7".

2. Mail entry to Ladies' Home Journal Celebrity Look-Ali Search, 100 Park Avenue, 3rd Floor, New York, NY 1001 All entries must be received by June 30, 1992. No respo sibility is assumed for lost, late, incomplete or misdirecte mail, or printing errors. Finalists will receive a notice of s lection. Any notice of selection returned as undeliverable not responded to within five business days shall be award to an alternate winner. No more than ten winners will be s lected.

3. The search is open to any resident of the United Stat who is twenty-one or older, except employees and their fam lies of Meredith Corporation and Paramount Pictur Corp. and their agencies, affiliates and subsidiaries. Entran must be the same physical sex as the celebrity look-alike.

4. Winners will receive a trip to New York City (airfare, hot and meals included) for an *LHJ* makeover/photo shoot (t in August 1992). Approximate retail value, $1,500.

5. All entries and materials submitted become the prope of Meredith Corporation and will not be acknowledged or r turned. The essay will be judged on content, clarity of e pression, interest to our readers and general appeal. Th photos will be judged on likeness to celebrity represente The winners will be selected by a panel designated *Ladies' Home Journal* magazine. All decisions of the judg are final. We will enter into no correspondence or phon communication about the search or the judging. *Ladie Home Journal* magazine reserves the right to make over t winners in any way to make them look more like the celeb ty represented, re: haircut, haircolor, etc.

6. Winners will be selected on or about July 25, 1992, a will be notified by mail by August 7, 1992. The winn must consent to be available at the request of *Ladies' Hom Journal* magazine to participate and render services in ph tography/taping sessions and media interviews. She or h also agrees by entering the search to grant *Ladies' Hom Journal* magazine the right to use her or his entry, nam photographs and voice in connection with editorial, pub relations, promotional and advertising purposes. Winne must sign an affidavit of eligibility, a release consenting the use of her or his name and photograph and a stateme confirming the rights of *Ladies' Home Journal* magazine the essay within five days of notification. Winner must b available to travel during the time period in paragraph 4.

7. All federal, state and local laws and regulations apply. Vo where prohibited. Applicable taxes are the sole responsibil of the winner. Prize is not exchangeable or transferable. N substitution of prizes except at the discretion of *Ladies' Hom Journal* magazine. Appearance on *The Maury Povich Sho* subject to scheduling and programming considerations.

8. Winners will be announced in the December 1992 or subsequent issue of *Ladies' Home Journal* magazine.

Journal shopping center

BEAUTY AND FASHION JOURNAL

Pages 27–38: Elizabeth Hammock: bag, La Bagagerie; san dals, Sam & Libby; sunglasses, Ray Ban. Meg O'Brien: sun glasses, Donna Karan. Jan Sharkansky: sandals, Stuar Weitzman; sunglasses, Mikli. Elyse Schindler: mules, Sam & Libby; sunglasses, Bob Mackie Sunwear by Marchon Stephanie Dobbs: hat, Patricia Underwood. Helen Seymour sunglasses, Ray Ban; robe, Ralph Lauren. Mirijana Matura hat, Hat Attack; scarf, Honey Collection. Jennifer Bank: hat Patricia Underwood; sandals, Stuart Weitzman. Somers White sunglasses, Anne Klein for Riviera. Gottex, call 800-225 SWIM, extension 102. Ann Cole Collection, Cole of California call (in Los Angeles) 213-587-3111; ask for the advertising department. The Miracle Suit, call 212-221-5805. Anne Klein Swimwear, call 800-765-7675. Adrienne Vittadini, 1441 Broadway, NY, NY 10018. J. Crew, call 800-562-0258.

YOU'RE INVITED

Pages 146–147: Glass bowl with potato salad, "Veracruz" pattern, flatware, "Stonehenge" pattern, Mexican glass vase and mosaic and green tray tables, Pottery Barn, 100 Seventh Avenue, NYC 10011.

THE SUPERMARKET DIET

Page 160: Top, twig flatware, Pottery Barn, 700 Broadway NYC 10003. **Page 162:** Flatware, Ad Hoc Softwares, 410 W. Broadway, NYC 10012; Lucite candlestick, Pottery Barn. **Page 164:** Plate, "Watercolor" pattern, Pottery Barn; cup and saucer, "Azurro" pattern, and spoon, Isabel Lam, Platypus 126 Spring Street, NYC 10012.


HOME JOURNAL
THE LATEST TREND IS THE USE OF COLOR, AND LOTS OF IT. FURNITURE AND ACCESSORIES LOOK FRESHEST WHEN PAINTED, SPONGED, WASHED AND SPRAYED WITH VIBRANT HUES AND PLAYFUL DESIGNS. CHECK OUT THE CHARM
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One perfect piece

PAINTED FURNITURE ADD
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COUNTRY CUPBOARDS, AR
MOIRES AND BEDS ARE READ
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RANGE FROM SIMPLE TO
SOMETHING WILD











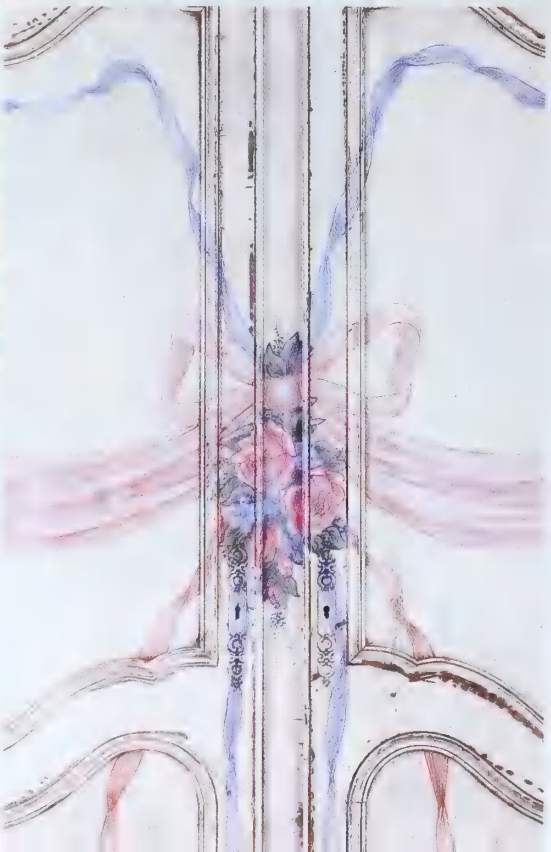
The curvy frame of a cozy country bed, far left, shows off the dazzling effect that an artful spray of bright-yellow sunflowers can have on a room. An old-fashioned writing desk, above, looks up-to-date and sophisticated with a subtle washed-blue hue. A charming hutch, left, is painted deep green, then rubbed just right for age-old appeal. For details and product information, see page H.J.9. ▶

Two unique cabinets that prove just how fabulous painted furniture can be. A piece that's painted to appear comfortably aged, left, is covered with a fluid leaf-and-flower motif. Below, a cabinet door features a vibrant still life.









A quaint four-drawer dresser, above, is delicately adorned with pink and red roses. Right, an armoire that's beautifully detailed: a pretty bouquet of pink and blue flowers cinched with color-coordinating ribbons.
For details and product information, see page H.J.9.



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Above and left, playful hand-painted pieces from the MacKenzie-Childs line of home accessories make meals more enjoyable. For more on MacKenzie-Childs designs and home furnishings, see "In living color," on page 138.





A mirror framed by a quaint country landscape, above left, is perfect for a foyer wall or atop a dresser, while a small, out-of-the-ordinary cabinet, dreamy in royal blue with bold moons and twinkling stars, could jazz up a bathroom. For more information, see page H.J.9.



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Paint class

WE FOUND TERRIFIC BOOKS THAT PROVIDE ALL THE KNOW-HOW YOU NEED FOR AT-HOME HANDIWORK FROM FAUX-FINISHING TO STENCILING. WITH A BRUSH IN HAND AND ONE OF THESE BEST BETS, YOUR HOME CAN BE FABULOUSLY COLORIZED IN NO TIME

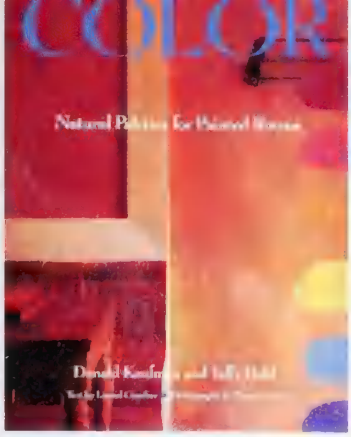


The art of stenciling has become extremely popular lately. It's a great way to personalize your home, and it's a lot less expensive than wallpaper. The series pictured above, available from Harmony Books, provides colorful ideas and comes complete with pages of tear-out traceable stencils and easy-to-follow instructions. With four styles to choose from (Mexican, Scandinavian, French and American), you'll find dozens of decorating ideas to try at home. Another good bet is "The Country Diary Book of Stencilling," from Webb & Bower Publishers. It give a brief history of the craft, as well as tip and techniques for painting architectur borders, floral motifs, and ornamental detailing on furniture, floors, walls and accessories. Another great read, "Color: Natural Palettes for Painted Rooms," pictured at right, is available from



INTRODUCING ACHIEVA BY OLDSMOBILE.

The cockpit is designed with controls and analog gauges right where you need them. ‼ Four-wheel anti-lock brakes come standard, for controlled stopping pow ‼ The High-Output Quad 4® engine in the Achieva™ SC delivers 180 horsepower, in a



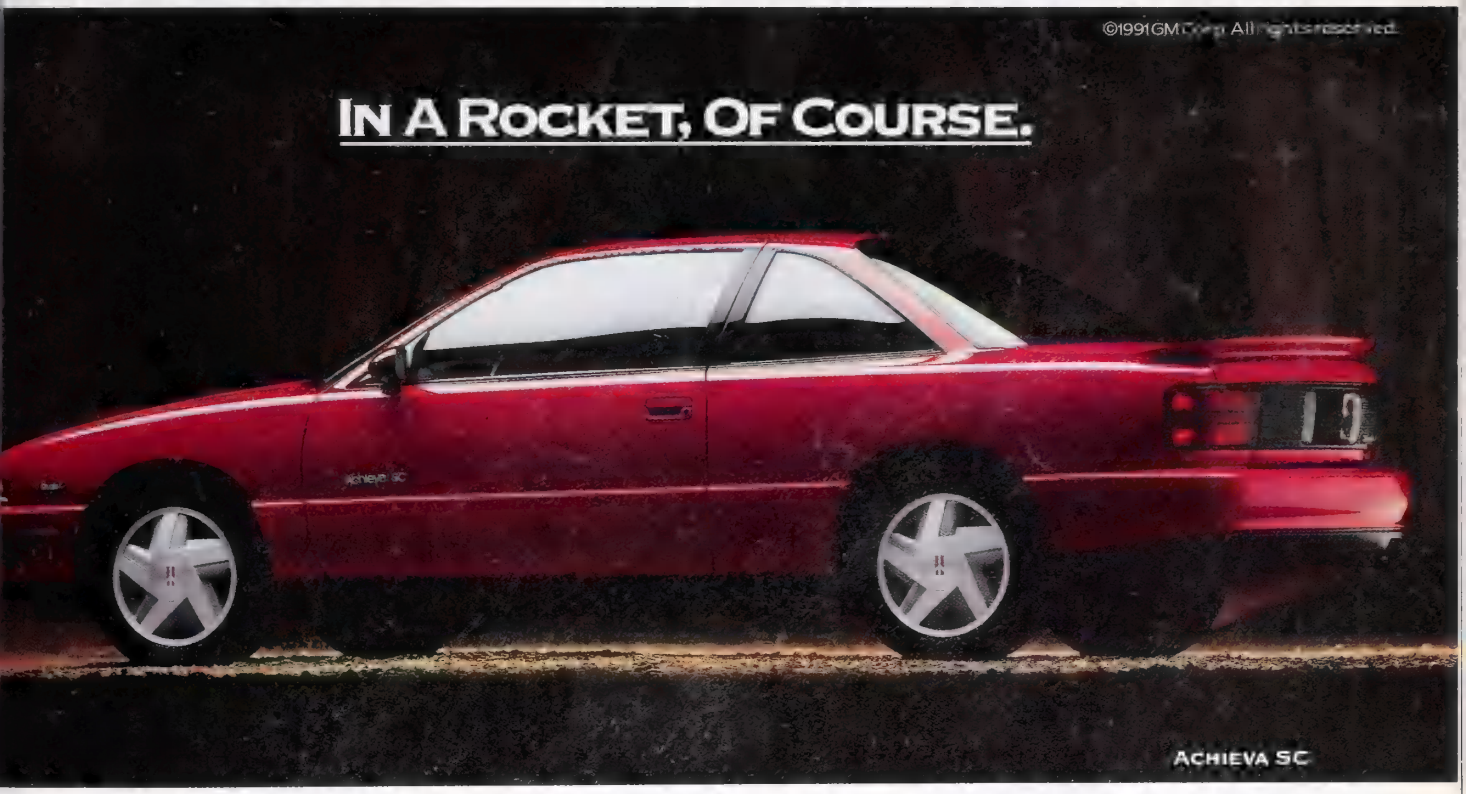
Clarkson Potter Publishers and features pages of effective ways to use color in the home. The book focuses on brightening the walls, but it also offers wonderful and unusual ways to incorporate vibrant furniture and unusual flooring. And be on the lookout for a new thirteen-part PBS series called "Decorating With Mary Gilliat." Gilliat, who was formerly a London journalist and is now a design consultant on both sides of the Atlantic as well as the author of more than twenty books on decorating, developed the shows as a comprehensive how-to of home decorating. Plan to take notes: Excellent segments include information on faux-finishing, lighting, color design, window treatments and much more. From the latest trends in interior design to the standards of classic style, this series has it all. It premieres in select cities nationwide July 4. Check local listings for time.

Where-to-buy guide

H.J.1: For similar painted chairs, dishes & checkered glassware, MacKenzie-Childs, 315-364-7131. H.J.3: desk and chair, Spiegel Catalog, 800-345-4500, desk, catalog #N61 9215039T; chair, catalog #N61 9215040T; H.J. 4: Baker's Cupboard & Field Flowers Chest, both from the Country Inns & Back Roads Collection by Thomasville, 800-225-0265. Flora Dora cabinet and Camoin Chest, Ballard Designs, 404-351-5099; detail of armoire, Tradition France, 704-437-1480. H.J. 6: Old Homestead mirror, Ethan Allen, 203-887-8265; Sun & Moon cabinet, Ballard Designs, 404-351-5099. H.J.8 and 9: Stenciling books, by Jocasta Innes & Stewart Walton, 800-733-3000. For more info on Plasti-Kote, 800-431-5928; stencil kits and marbleizing kits, write to: Customer Service, Plaid Enterprise, P.O. Box 7600, Norcross, GA 30091. H.J.12: Striped wallpaper, Motif Designs, Parallels II, 800-431-2424; faux-finish and bookshelves wallpaper, Mary Gilliat, Faux Finish Encore Collection from Sand Piper Studios, 800-722-9255. PRODUCT INFORMATION GUIDE Page H.J.5: For Amana product information, write: Amana Inquiry Services, 2001 Ruppmar Plaza, Peoria, IL 61614. Page H.J.7: Enjoy the endearing charm of M.I. Hummel Figurines handcrafted by Goebel, in Germany; for a free brochure or the name of a dealer near you, call 800-666-CLUB.Pages H.J.8 and 9: For information on nuclear electricity and cleaner air, please write to the U.S. Council For Energy Awareness, P.O. Box 66080, Dept. BE27, Washington, D.C. 20035. Page H.J.13: For Jenn-Air product information or to find the dealer nearest you call 800-JENN-AIR

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The do-it-yourself faux-finishing craze is taking the country by storm. With a little creativity and a few good tools, you can add texture and design to any surface in the house. It's all the look of costly surfaces without the high price, and it's a cinch to do, as long as you've got the right supplies. Many companies offer all-in-one kits that come complete with paint, either a brush or a sponge, and a brief but informative handbook. From Plasti-Kote, you'll find Cracklin' Finish, right, which gives an authentic antique crackled look, as well as Color Wash Wood Stain, and a wide array of spray-on Faux Fleck Stone and Faux Granite finishes. Plaid Enterprises offers Treasure Gold metallic finishes in six colors, Faux Pickling Stain, for a subtle translucent finish, and a full color spectrum of Great Glass Stains, a water-base formula that produces a stained-glass look. ▶





IT'S MADE MORE OF EUROPE ACCESSIBLE TO THE FREE WORLD THAN THE FALL OF COMMUNISM.



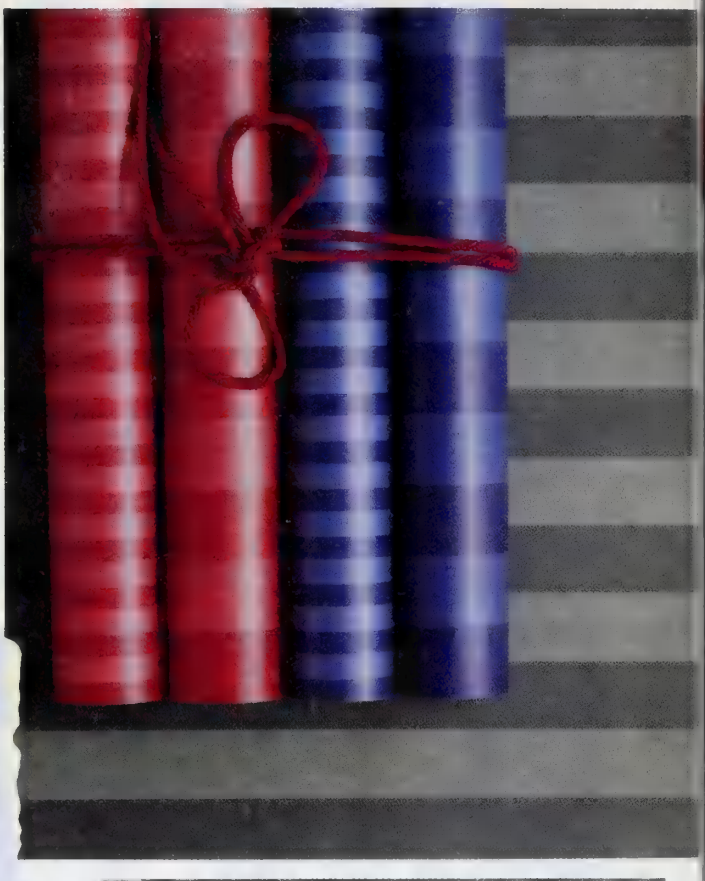
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Painting stripes by hand can be a harrowing experience, but with this paper by Motif, top right, the crisp classic pattern is yours in no time. And for the effect of a faux finish, without brushes and a bucket, simulated texture is available in wall coverings from Mary Gilliat—an array of granite, right, the marvel of marble, above. And below, a set of books that looks like the real thing. For more information, see page H.J.9.



THE JENN-AIR RANGE MAKES A GREAT LEMON SOUFFLÉ, GRILLED MAHI-MAHI, BEEF WELLINGTON AND FIRST IMPRESSION.



Jenn-Air S156 Shown With Optional 1105 Cartridge

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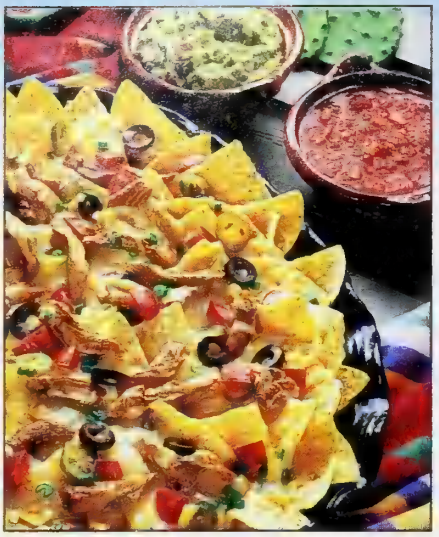
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SUMMER recipe guide



Deluxe Seasoned Nachos

A new flavor for everyone's favorite dish.

- 1 1/2 pounds chicken breasts*
- 1 1/2 cups Lawry's Mesquite Marinade with Lime Juice
- 8 ounces tortilla chips
- 1 1/4 cups (5 oz.) grated Cheddar cheese
- 1 cup (4 oz.) grated Monterey Jack cheese
- 1 large tomato, chopped
- 1 can (2 1/4 oz.) sliced ripe olives, drained
- 1/4 cup sliced green onion

Salsa
Guacamole
Dairy sour cream

In plastic resealable bag, combine chicken breasts and Mesquite Marinade with Lime Juice. Let marinate 30 minutes to 1 hour. Remove chicken from bag and grill or broil 7 to 10 minutes on each side, basting occasionally with extra Mesquite Marinade. Thinly slice or shred chicken; set aside. In large, shallow oven-proof platter, arrange chips. Top with chicken and cheeses. Place under broiler to melt cheese. Top with tomato, olives, green onion and desired amount of salsa.

Makes 4 appetizer servings or 2 main dish servings

Presentation: Garnish with guacamole, sour cream and salsa.

*Substitutions: 1 1/4 pounds beef can replace chicken.
Hint: Sliced jalapnos add more spice.



Linguine with Zesty Clam Sauce

- 2 cans (6 1/2 oz. ea.) minced clams, undrained
- 1/2 cup Wish-Bone Classic Olive Oil Italian Dressing
- 1 large tomato, chopped
- 1/2 cup sliced pitted ripe olives
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 8 ounces linguine, cooked and drained

In large skillet, bring minced clams and Classic Olive Oil Italian Dressing to a boil, then boil 1 minute. Remove from heat and stir in tomato, olives, cheese and parsley. Toss hot linguine with clam sauce. Serve, if desired, with freshly ground black pepper.

Makes 2 main-dish or 4 side-dish servings.

Note: Recipe can be doubled.

Also terrific with Wish-Bone Olive Oil Vinaigrette and Lite Olive Oil Vinaigrette Dressing.

Taste Tested Recipe from The Lipton Kitchens.



Orange Cream Cheese Sauce

- 2 packages (8 ounces each) Cream Cheese
- 1 cup confectioners sugar
- 2 tablespoons orange-flavored liqueur
- 2 tablespoons grated orange peel

In a large mixing bowl of an electric mixer beat cream cheese, sugar, orange liqueur and peel until smooth. Use as a cake filling or frosting.

Yield: about 2 3/4 cups

To make a sauce: Prepare half the above recipe along with 2 tablespoons orange juice.

Yield: about 1-1/2 cups

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SUMMER recipe guide



Simmered Vegetables

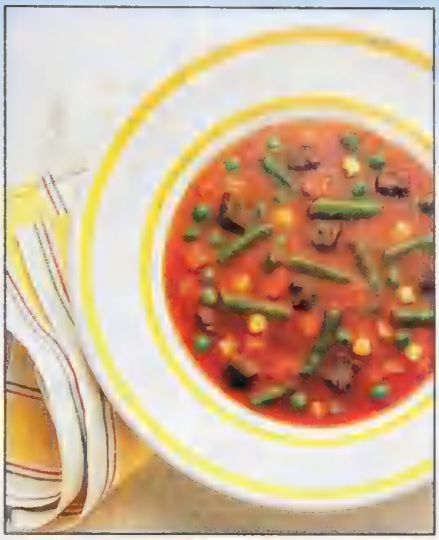
1 cup Swanson® clear ready-to-serve chicken broth
2 cups cut-up fresh or 1 pkg. (10 to 16 oz.) frozen vegetables

In 2-qt. saucepan over medium-high heat, heat broth and vegetables to boiling. Reduce heat to low. Cover; simmer 5 min. or until vegetables are tender. Drain.

Makes 2 to 3 1/2 cups or 4 to 6 servings.

Prep Time: 5 min.

Cook Time: 8 min.



Easy Beef and Veggies

1 cup cooked cubed beef
1 cup cooked mixed vegetables
1 can Campbell's® Tomato Soup

Add 1 cup cubed cooked beef and 1 cup cooked mixed vegetables to Campbell's® Tomato Soup prepared with water. Heat through.

Tomato Mac N' Cheese

(Not shown)

1 1/2 cups cooked macaroni
1/2 cup shredded processed cheese
1 can Campbell's® Tomato Soup

Add 1 1/2 cups cooked macaroni and 1/2 cup shredded processed cheese to Campbell's® Tomato Soup prepared with water. Heat until cheese melts.



Creamy Salsa Dip

1 1/2 cups prepared Hidden Valley Ranch® Original Ranch® salad dressing
2 tomatoes, peeled, seeded and chopped
1/4 cup sliced almonds
1/4 cup mild or hot green chile peppers, seeded and minced
1 green onion, finely chopped
1/2 cup shredded Monterey Jack cheese
Additional sliced almonds
Fresh cilantro

In medium bowl, combine all ingredients; mix well. Refrigerate at least 1 hour before serving. Garnish with additional almonds and cilantro. Serve with taco chips or fresh vegetables.

Makes about 2 cups

SWANSON BROTH

Campbell's®

Hidden Valley Ranch®

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SUMMER recipe guide

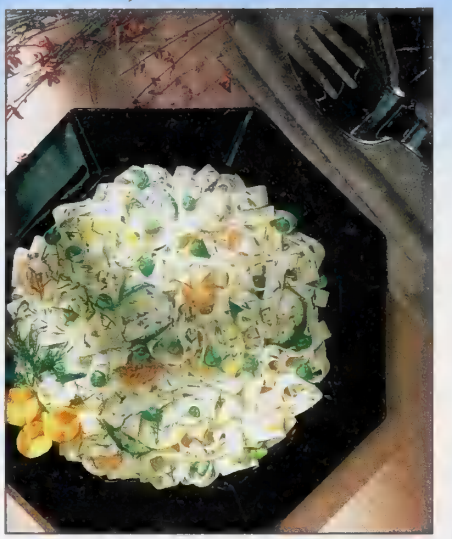


Bourbon Teriyaki Chicken

- 3/4 cup Kikkoman Teriyaki Baste & Glaze
- 2 tablespoons bourbon whiskey
- 3/4 teaspoon pepper
- 1/8 teaspoon ground cinnamon
- 1 medium eggplant
- 3 pounds frying chicken pieces

Combine teriyaki baste & glaze, whiskey, pepper and cinnamon; set aside. Remove stem from eggplant and partially peel lengthwise to form stripes. Cut eggplant lengthwise into 6 or 8 wedges. Place wedges in large bowl; cover with water and let stand 30 minutes. Remove and pat dry with paper toweling; place with chicken on grill 6 inches from hot coals. Brush thoroughly with baste & glaze mixture. Cook 30 to 35 minutes, or until tender, turning chicken and eggplant over occasionally. Brush frequently with remaining baste & glaze mixture.

Makes 4 to 6 servings.



Alfredo Primavera

- 3/4 cup water
- 1 cup milk
- 1 to 2 tablespoons butter or margarine
- 1 package Lipton Noodles & Sauce Alfredo
- 2 medium carrots, sliced
- 1 medium zucchini or yellow squash, thinly sliced
- 1/2 cup frozen peas, thawed (optional)
- 1 medium clove garlic, finely chopped (optional)
- 1 tablespoon snipped fresh dill* (optional)

Pepper to taste

In large saucepan, bring water, milk and butter to the boiling point. Stir in noodles & Alfredo sauce, carrots, zucchini, peas, garlic and dill. Continue boiling over medium heat, stirring occasionally, 8 minutes or until noodles and vegetables are tender. Stir in pepper. Sprinkle, if desired, with grated Parmesan cheese.

Makes about 4 servings.

* Substitution: Use 1/2 teaspoon dried dill weed.

Taste Tested Recipe from The Lipton Kitchens



Chicken Garden Sauté

Sun-ripened and simmered with zesty Italian seasonings, Del Monte® Italian Style Stewed Tomatoes get this deliciously light sauté off to a flying start.

- 4 half boneless chicken breasts, skinned
- 1 Tbsp. olive oil
- 1/2 tsp. rosemary, crushed
- 1 can (14 1/2 oz.) Del Monte Italian Style Stewed Tomatoes
- 12 small black ripe pitted olives
- 1 green pepper, cut in thin strips
- 1 large carrot, cut in 3-inch julienne strips
- 1 medium zucchini, cut in 3-inch julienne strips

In skillet, brown chicken in oil. Sprinkle with rosemary; salt and pepper to taste, if desired. Add remaining ingredients; bring to boil. Cover and cook 3 minutes over medium heat. Uncover; cook over medium-high heat 5 minutes or until thickened.

4 servings.

Prep time: 10 min. Cook time: 16 min.

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FAMILY FITNESS REPORT



STAYING IN SHAPE IS HARD WORK, AND BORING, RIGHT? WELL, IT DOESN'T HAVE TO BE. WE'VE TALKED TO PHYSICIANS, EXERCISE PROS AND PEOPLE JUST LIKE YOU TO HELP YOU MAKE FITNESS PART OF YOUR FAMILY'S LIFE IN A WAY THAT MAKES SENSE FOR NOW, FOREVER. **BY MARGERY D. ROSEN**

A message from Arnold Schwarzenegger



Two years ago, I was appointed by President Bush to be chairman of the President's Council on Physical Fitness and Sports, to help the American people get fit and healthy.

Since then I've learned that the children of this country are getting slower, flabbier and more *out* of shape than ever before. I want to see that turned around, to see our youth get healthy and strong again. To make that happen, I need your help.

Our teachers and our schools have to commit to quality physical education every day. Training the mind while neglecting the body just doesn't make sense. Fitness is possible without much money. All it takes is a gym, a track or an open field where kids can run and play. We also need to get out the message about good nutrition. Sweets are fine in moderation, but most kids are overdoing it.

Kids have to be committed to physical fitness, especially if they don't get enough exercise at school. Parents must set a good example and encourage their children. I realize that in many homes parents are stretched to the limit. But the average adult watches twenty hours of TV every week. Mothers and fathers owe it to their children to switch off the TV and get moving together.

The truth is, the benefits of fitness and sports go much further than just getting the body stronger, faster, more flexible and more coordinated. Sports teach kids lessons that are absolutely crucial for life—lessons about discipline, teamwork and self-esteem.

I'm an American who came here from Austria, and when I first arrived in this country I learned one thing: You can do whatever you want to do if you're willing to work hard. This is a land of opportunity, and our most important resource is our children. For their sake, and for our own, I'm asking for your help to make the nineties a fitness decade.

IMAGINE: *your kids actually go to the fridge*



to pour  *themselves a juice drink. And surprise,*

surprise, they drop it.  *But it doesn't shatter.* 



It doesn't even spill. And when they scream



for more...and more...and even more,

there's plenty left. (Now, if there was only someway you could

get your husband to pick up after

himself.  *Yeah, right.)*



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A family affair

Are you an exercise dropout? Our get-up-and-go guide will help you and your family stay fit just for the fun of it



Josh and Harold Koplewicz

Three times a week for the past two years, child and adolescent psychiatrist Harold Koplewicz and his nine-year-old son, Josh, have gotten up at six A.M., put on their warm-up suits and running shoes and started their day with a forty-five-minute jog in New York City's Central Park.

"Quite frankly, it's a magical time," says Koplewicz, thirty-nine, who admits he was an on-again, off-again exerciser before Josh goaded him into running regularly.

"He told me, 'Mom always exercises, and you're getting older, you know. You should stay in shape.' He's right."

Like many parents, Koplewicz never thought he could squeeze in such a personal luxury. "I'm a doctor, and I *still* wasn't doing what I knew was important. But you don't have to be a jock to do this. And I'm not doing it only for me—I'm doing it for my son."

The run pays many dividends. "Sometimes we don't say anything; it just feels good to be quiet together," says Koplewicz. "Other mornings, Josh starts talking, and I hear a rush of stories, ideas and plans that I normally have to pry out of him!"

By fitting fitness into his family's life on a regular basis (Josh's brothers, Adam, six, and Sam, four, now jog with their father on occasion), Koplewicz says he's passing on a vital legacy. "My kids will grow up thinking that being fit is a natural part of their lives, not merely an activity you sign up for once in a while."

Unfortunately, few families are like the Koplewiczes. According to the President's Council on Physical Fitness and Sports, only 40 percent of adults over eighteen exercise or play sports regularly—and only 20 percent do so with the intensity required to yield any cardiovascular benefit. And our kids are in even worse shape. The council reports that 55 percent of girls and 25 percent of boys couldn't do one pull-up.

Why can't children or their parents stay on track? Probably because working out still doesn't seem like relaxation.

"People are tired of beating themselves up about exercise. They want something that's enjoyable to do," notes R. Curtis Ellison, M.D., professor of medicine and public health at Boston University School of Medicine and *(continued)*

STICKING WITH IT

Once your family has decided what to do, plan regular exercise times and mark them on the family bulletin board. . . . Make fitness part of every family vacation. Schedule at least one hour a day of hiking, swimming, biking. . . . Plan children's birthday parties around physical activities—roller-skating, swimming, bowling. . . . Don't rush through fitness activities. This is supposed to be a relaxing break. Be sure to include five to ten minutes of warm-up and cool-down, too, as well as stretching (see page 94). . . . Buy sports equipment that's appropriate for kids' age and development. A chunky bat or lowered basketball hoop can make the difference between feeling good and quitting. . . . "No pain, no gain" went out with the eighties; there's no need to go into overdrive. The American College of Sports Medicine recommends exercising for twenty minutes three times a week. If you can't squeeze it in, do fifteen minutes four times a week.

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JUNE



SAMMY'S GOT THE BLUES. NO FISH.

Sammy had been looking forward to this. Long summer days down by the lake with his fishing pole. But the fish had other plans. "Hmm," said Sammy to Watson, "Maybe we shouldn't have brought Colin the cat." "Don't worry," said Mom. "The fish weren't biting, but you will. Let's try new berry blue Jell-O®." They hadn't seen anything like new blue Jell-O® before. "Wow," said Sammy. "Woof," said Watson. And, "Meow," said the cat that was in the doghouse. Mom and Sammy made an Edible Aquarium. New blue Jell-O® with gummy fish swimming around in it. What yummy, gummy fun. Sammy found "Edible Aquarium" hard to say. But he didn't find it hard to eat.



MOM'S CATCH OF THE DAY. NEW BERRY BLUE JELL-O®.

EDIBLE AQUARIUM

1 package (4-serving size) JELL-O® Brand Berry Blue Flavor Gelatin
3/4 cup boiling water
1/2 cup cold water
Ice cubes. Gummy fish.

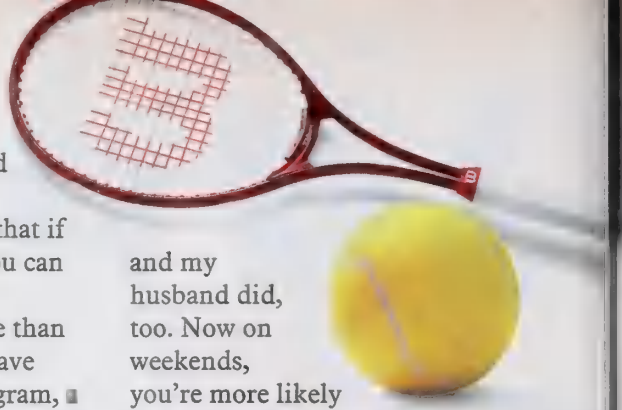
DISSOLVE gelatin completely in boiling water.
COMBINE cold water and ice cubes to make 1¼ cups ice and water. Add to gelatin, stirring until slightly thickened. Remove any unmelted ice. If mixture is still thin, refrigerate until slightly thickened.
POUR thickened gelatin into 4 dessert dishes. Suspend gummy fish in gelatin. Refrigerate until set, about 1 hour.

Makes 4 servings. Preparation time: 20 minutes.



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Now you can have your fun and eat it too!™



(continued) director of the Framingham Children's Study. "And in recent years, our overconcern with the mechanics and science of exercise has turned many people off."

But we don't have to try so hard. For most sedentary people, adopting a moderately active lifestyle carries important health benefits. Says Ellison: "If you walk a mile and I run a mile, we'll both burn just about the same number of calories. And we'll both be just as fit."

Our actions will also speak louder than words to our kids,



according to last year's report from the Framingham Children's Study. Notes Ellison: "Children of active mothers are two times as likely to be active as kids of inactive mothers; when the fathers are active, the kids are almost four times as likely; and when both parents exercise regularly, youngsters are almost six times as likely to be involved in such activities."

All together now

"Doing something physical together is the best, easiest way for families to unwind and relax," says Antoinette Saunders, Ph.D., a child and adolescent psychologist and clinical director of the Chicago-based Capable Kid Counseling Centers.

Not to mention the fact that if you're doing it together, you can be mutual cheerleaders. In Schaumburg, Illinois, more than sixteen hundred families have completed the Super 6 program, a four-year-old innovative exercise/fitness course for fifth and sixth graders and their families developed by the park district staff. Sixty-five percent of the participants kept up a fitness regimen even after the organized program ended.

"We took an educated guess that if we got the kids interested in fitness, there was a good chance they'd get their parents involved, too," says Mary Beth Thaman, M.S., an assistant superintendent of recreation.

That's what happened for the Kolb family of nearby Hoffman Estates. "Our typical weekend activities used to consist mainly of eating, watching TV or playing Nintendo," admits Tommie Kolb, thirty-three, a supermarket cashier and the mother of Jessica, twelve, and Angéla, ten. "I wanted my daughters to be active, so I signed Angéla up for the Super 6 program at school. But then I got hooked, and my husband did, too. Now on weekends, you're more likely to find us walking in the forest preserve while Jessica Rollerblades and Angéla rides her bike alongside. Maybe it sounds corny, but it's really nice to be up and out together.'

Clearly, the earlier healthy fitness habits start, the easier it is to maintain those attitudes and behaviors as adults. But your kids don't have to run marathons. What's important: Strive for consistency rather than stop-and-start fitness.

"Concentrate on building a total, balanced view of fitness that works with your family's lifestyle," says Kenneth H. Cooper, M.D., founder and president of the Cooper Clinic and Aerobic Center, in Dallas, and author of *Kid Fitness: A Complete Shape-up Program from Birth Through High School* (Bantam, 1991).

When you think about it, that's not such an unreachable goal. We are born active—just try keeping up with a two-year-old. The task, then, is to *keep* moving.

Note: Before you begin any exercise program, consult your doctor, local hospital or health clinic for a complete physical checkup.

A little homework . . .

A new booklet by Kenneth Cooper, M.D., can help your family design its own fitness program. "The IronKids Parent/Child Fitness Program" includes exercises, nutrition information, plus healthy habits for life. Send $1 for postage and handling to: IronKids, P.O. Box 190950-LH, Dallas, TX 75219-0950.



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Which may be a good reason for Jill Wieder, mother of two, owning a Volvo. Wieder is a member of a Los Angeles, California car pool where she says four out of five families drive Volvo wagons.

Cecily Heavenridge is another person with a compelling argument for driving a Volvo. Two years ago, her husband Keith was in a serious accident in a Volvo and walked away. Since then, they've bought a new Volvo sedan and a wagon, which Cecily affectionately calls, "the tank."

Which is something we take as a compliment.

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VOLVO

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Stretch it out

Stretching key muscles before you participate in any fitness activity not only improves performance, it helps prevent injury, improves flexibility, reduces stress and eases muscle tension. While those who can twist their bodies like a pretzel were probably born that way, even the most inflexible can learn to bend a little more. In fact, any well-rounded fitness program should include stretching exercises before and after a workout.

These stretches, prepared by Ron Ramsay, director of the Williams-Ramsay Exercise Loft, in New York City, can be done by everyone in the family. Note: Before you begin any stretching program, warm up your muscles. Jog or march in place or walk around the room for three to five minutes. You can, and should, do these simple stretches any time you feel stiff, or if you've been sitting or standing a long time.

Stretch until you feel mild tension in your muscles. If you feel any pain, ease up. Stretching too far causes muscles to tense up instead of relax. Movements should be slow and smooth, without jerking or bouncing. During all of these stretches, concentrate on keeping shoulders down rather than shrugged.



◄CALF STRETCH

Stand about two feet from wall and place hands on wall, feet perpendicular to wall. Lean into wall. With feet still flat on the floor, put weight on heels and feel a mild tension in backs of legs. Then, move left foot toward wall and bend left knee, keeping right leg back and straight, foot flat. Move hips slightly forward to increase stretch. Hold for fifteen seconds. Switch legs.

INNER THIGH ▼



Sit on floor with the soles of your feet together. With back straight, gently press downward just above knees with hands. Keep elbows out to side. Hold for fifteen seconds.

▲HAMSTRINGS

Begin in same standing position as exercise above, except extend arms, keeping palms flat on wall. Gently lower upper body until your back is parallel to floor, forming a right angle. Crown of head should be facing wall. Be sure to keep back flat, head and neck straight, during this exercise.



▲QUADRICEPS (front of thigh)

Lie on left side on floor, arm out straight, resting head on arm. Grab top of right foot with right hand and pull right heel toward buttock. Hold for fifteen seconds. To increase stretch: Gently tighten buttocks as you press hip forward. Switch sides.



▲SIDE STRETCH

Stand with feet shoulder-width apart, toes straight ahead. Place one hand on hip, extend other arm over head, making sure to keep your shoulders down. Slowly bend to the side at the waist until you feel a slight tension. Hold and switch sides.

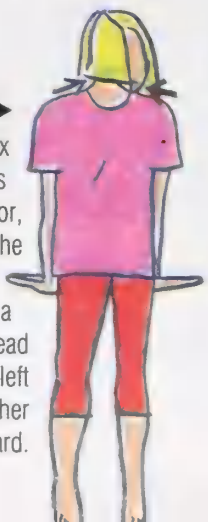
◄CHEST AND SHOULDER STRETCH

Stand straight, arms behind you, and interlace fingers with palms facing the floor. Slowly lift arms behind you until you feel a stretch in arms, shoulders, chest. Keep chin tucked in. Hold for a count of fifteen.



NECK AND UPPER BACK ►

Stand straight, arms at sides. Flex hands at right angles to body. Press heel of hand down toward floor, keeping fingers flexed upward. At the same time, drop head gently toward right shoulder. Hold for a count of fifteen. Gently roll head forward and around toward the left side. Hold and repeat in other direction. Never roll head backward.





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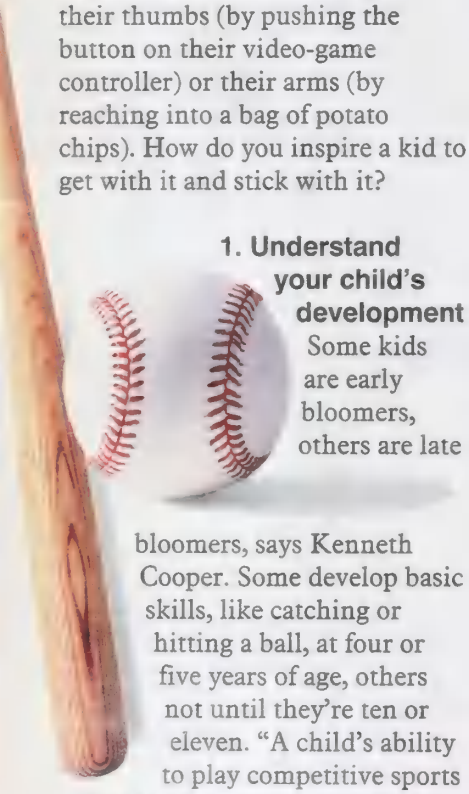
Just do it!

Eight ways to motivate your kids



Arnold Schwarzenegger calls them dumplings. Maybe you have one at home: Slightly overweight, they can often be found zoned out in front of the TV. The only muscles they exercise with any regularity are their thumbs (by pushing the button on their video-game controller) or their arms (by reaching into a bag of potato chips). How do you inspire a kid to get with it and stick with it?

1. Understand your child's development



Some kids are early bloomers, others are late bloomers, says Kenneth Cooper. Some develop basic skills, like catching or hitting a ball, at four or five years of age, others not until they're ten or eleven. "A child's ability to play competitive sports well, or to engage successfully in any physical activity, is determined more by his developmental age than by his chronological age," he says. Too many parents see their child lagging behind others in class, and they say, "Well, Ben's just not athletic." Pretty soon, Ben gets the message; he stops trying, stops having fun—and is robbed of the joy that fitness can bring, as well as the possibility that, later on, he just may turn into a crackerjack ballplayer. "By the third grade, we start to see a trickle of dropouts," says Cooper, "and by the seventh grade, a torrent—especially among the girls."

2. Make it fun

The number-one reason boys and girls cite for playing a sport is that they enjoy it. Once anything stops being fun—perhaps there was too much practice drilling, too rigid an organization or too much emphasis on performance—they quit. "Parents should encourage involvement, not winning," says Cooper. Be careful about sending mixed messages: Don't wax poetic about the joys of learning a new skill, then ask the score the second your Little Leaguer sets foot in the door. Better: "Did you have a good time?" Shift the emphasis toward pushing for a personal best. "Did you get a chance to work on your swing?" . . . "Were you able to run the race without getting tired?"



3. Don't assume history repeats itself

Maybe you were a terrific tennis player. Or maybe you spent most of your high school years on the bench. Again, don't assume your child is as athletic—or as klutzy—as you were. Your attitude in this, as in everything else, affects your child's self-image and confidence. Let her sample a variety of sports, and don't pressure her to stay with it if she really doesn't want to. It's perfectly normal for school-age kids to jump from one sport to another. "Perhaps having fun for your child doesn't mean team sports," says Cooper. Suggest more solitary pursuits, such as running, biking, skiing or tennis.

4. Let them play!

"There's a magical quality to participating, even if you can't hit a ball," says Cooper. Studies have shown that children who participate in sports would rather play on a losing team than sit on the bench of a winning team. Participation provides other lifelong benefits, too—a sense of accomplishment, self-confidence, the chance to work with others on a team, and the ability to accept criticism and lose graciously.

5. Practice what you preach

Is fitness and healthy eating a part of *(continued)*

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(continued) your daily lifestyle? Then your children will naturally make it a part of theirs. Move that exercise bike from the basement to the family room. Choose birthday and holiday gifts that encourage fitness—a bicycle, Rollerblades, running/exercise clothes.

6. Don't forget community sports programs
Organized runs, basketball or hikes are not only fun, they're something everyone can do together.

7. Be a savvy sports consumer
When looking for a program or sports team for your child, ask questions before you sign up. What's the coach's policy on how much, and how often, each child gets to play? Does she emphasize sportsmanship and social skills as well as batting skills?

8. Investigate the school fitness program
If your school has a fitness program, does it provide at least one period per day of instruction in vigorous physical activity? Do physical-education teachers screen kids for obesity, flexibility, coordination and health problems and monitor them throughout the year? Regular testing motivates youngsters to do well. If your children's school doesn't measure up—and in this budget-crunch era, many don't—maybe parents can volunteer to coach and organize afterschool activities.



SUMMER HEAT SMARTS

Now that you and your family have decided to get fit, don't overdo it—especially during the steaming summer months. Why? Heat-related illnesses, far from being minor, claim up to twelve hundred lives annually, according to the national Centers for Disease Control. Heat-stress problems occur when soaring temperatures and humidity prevent the body from cooling down efficiently. Poorly conditioned athletes—such as couch potatoes who leap into warm-weather workouts—are often afflicted. No matter what your age or health status, follow these heat-smart suggestions: ● Restrict strenuous activity to early morning and evening. ● Drink plenty of fluids—a minimum of one eight-ounce glass of water before you exercise and two afterward, advises Thomas Meloy, M.D., chairman of the department of emergency medical services at the Mayo Clinic, in Rochester, Minnesota. Don't wait till you're thirsty—that's a sign that your body is already too low on fluids. Choose liquids such as water and fruit and vegetable juices. Alcohol and caffeine can dehydrate your body.

—ILENE SPRINGER

Beat the heat
Learn to recognize the degrees of heat stress and how to avert serious complications

CONDITION	CAUSE	SYMPTOMS	SOLUTIONS
HEAT CRAMPS	*An imbalance of salt*	*Leg cramps, sweaty skin. Body temperature may rise in the later stages.*	*Sit or recline in a shady area, and drink cool water. Stretch your muscles, but do not massage them.*
HEAT EXHAUSTION	Exposure to high temperatures	Nausea, vomiting, muscle aches, profuse sweating, dizziness, rapid pulse, weakness and fatigue, thirst and slightly elevated body temperature.	Mild heat exhaustion can be relieved by relaxing in the shade and sipping cool fluids. If there's a persistent headache, vomiting or confusion, put wet towels on the body and call for emergency help.
HEATSTROKE	*Occurs when the temperature-regulating center of the brain shuts down and body temperature rises*	*Lapses of consciousness, a body temperature of 105°F. or more, confusion, staggered walk, agitation, and hot, dry skin or profuse sweating. This is a very dangerous condition that can lead to severe brain, liver or kidney damage or even death.*	*Call for emergency help immediately. While waiting, move the person into the shade and, if he or she is conscious, offer sips of cool water. Give a cold sponge bath or an ice bath.*

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Daily family stress-busters

How to weave relaxing moments into everyone's life

While regular exercise and a healthy diet are fundamental, you and your family won't feel truly fit unless you all have some way to relieve stress. What's more, teaching kids to cope with stress, even at a young age, will better prepare them to shoulder it as adults.

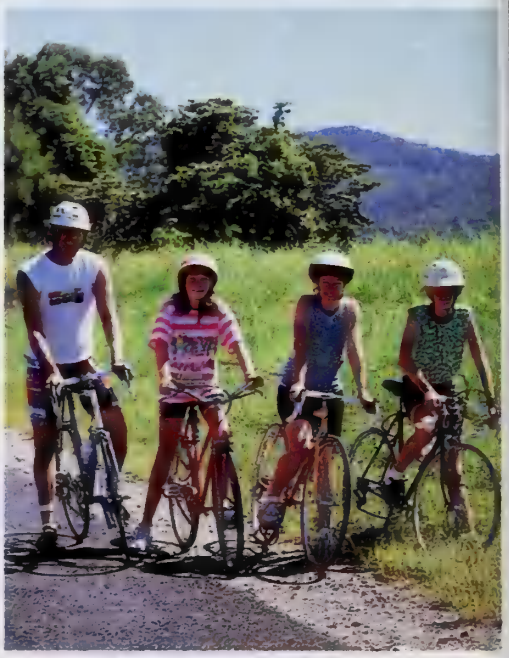
When it comes to relaxing, though, think small. "We've been programmed to think big when it comes to stress—divorce, death, losing a job—but it's often the daily hassles that do us in," says Antoinette Saunders, Ph.D. Many people stuff their emotions inside. Wrongly, they think they can lead very stressful lives during the week, then play racquetball or go for a bike ride on the weekend and relieve all their tensions. Here, ways to de-stress every day:

RISE AND SHINE

Set your alarm for twenty minutes earlier than you usually wake up. Make a cup of coffee and sit and read the paper, go for a stroll and listen to the birds or do some gentle stretching exercises. Enjoy the quiet and solitude. You won't miss those few minutes of sleep, but you will notice a decided drop in stress.

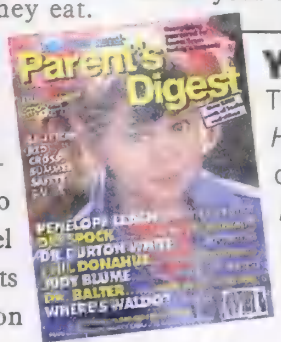
Once everyone is up and at the breakfast table, try to sit for at least five minutes with the children while they eat. Talking with them about plans for the day and what they're looking forward to helps everyone feel connected and starts the morning off on the right note.

Take a deep breath "Deep, relaxed breathing is the single most important skill in managing stress," says Saunders (even three-year-olds can learn this). Many of us take shallow, rapid breaths from the upper portion of our chest. That makes more work for the body, since most of the sites where oxygen is absorbed are located in the lower lung. To practice deep breathing: Find a rug or carpeted area, lie down and get comfortable. Place your left hand on your upper chest, your right hand on your navel. If your right hand moves when you inhale, you're breathing correctly. If your left hand is moving, try this: Inhale slowly and deeply to the count of three, until you feel your abdomen rise. Exhale to the count of six. Be patient. It takes time to unlearn bad habits, but eventually you'll be able to slow down your breathing and relax.



SCHEDULE FAMILY FITNESS TIME

Do something active—anything, as long as it's together. A good time to do this: when you get home from work. Give the kids a healthy snack to calm ravenous appetites, then all go out for a half-hour bike ride before dinner. Or jump rope in the living room. Or put on an old Temptations album and shake it all out. "When you focus this way on each other, it's good for the body and good for the soul," says Saunders.



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The second issue of *Ladies' Home Journal Parent's Digest* is on your newsstand now. *LHJ Parent's Digest* is the only magazine packed with excerpts from books, journals, TV and videos—all the child-rearing necessities in one indispensable guide. Look for it wherever magazines are sold.



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ACCOMPLISH SOMETHING, no matter how small. Even the littlest things-to-do can nag at us all day and clutter our heads. Pick two things you've been meaning to do for weeks—write a thank-you note to your aunt, reorganize the hall closet—and do them. You'll feel so proud of yourself that it's bound to have an impact on your stress level.

Give yourself a break

You don't need a Ph.D. in math to figure out that if you get home from the office at six P.M. and then have to make dinner, help with homework, bake sixteen cupcakes for your three-year-old's birthday party and still get the kids in bed by nine, there is going to be stress. Lighten up: Do you have to cook dinner every night? What's wrong with take-out barbecued chicken? How about buying plain cupcakes and just decorating them? Now what about the housework? Can you afford a cleaning service once a week? Once a month? While it's admirable to do everything, you have to factor in the cost in terms of stress on yourself and your family.

Think of other ways you can streamline: Are the kids' days too programmed with back-to-back activities? Can they drop one? "Children need time just to kick back and dream a little," says Saunders. "When they're constantly busy, even play becomes work."

COMFORT FOOD

You're anxious or angry—so you reach for a pint of your favorite ice cream, right? Since we were little, most of us have learned to associate food with happiness. But many of our comfort foods are high in fat and calories. Try a swap that makes emotional sense: low-fat frozen yogurt or fruit bars for that ice cream; graham crackers, gingersnaps, animal crackers, and angel-food cake for cupcakes and chocolate-chip cookies; bagels or an English muffin instead of a Danish; unsalted pretzels or air-popped popcorn instead of potato chips.



LAUGH at the dumb jokes your five-year-old tells . . . . Watch *America's Funniest Home Videos* together . . . . Tickle each other and have pillow fights . . . . Even if it's only for fifteen minutes, really concentrate on your children. See the world through their eyes, and don't try to do anything else while you're with them (like fold the laundry or skim the newspaper). Studies have shown that when we laugh, chemicals in the brain ease stress and promote relaxation.



GIVE A HUG Touching is fundamental to our healthy psychological development. "Touching builds self-esteem and makes us feel wanted and valued," says Antoinette Saunders. "It helps us relax. And Americans don't do it enough." When you help your toddler on with his coat, give him a little squeeze; go for walks after dinner and hold hands.

BEDTIME Ten minutes before lights out, stretch out on the floor of your child's room to talk and catch up on the day. Let your child chat about whatever she wants, and don't preach or lecture. See how her mind works, and go with it.

IF YOU WANT TO FIND OUT MORE ABOUT FITNESS . . .

The National Recreation and Park Association (NRPA) is a private, nonprofit organization devoted to making everyone aware of the resources available in parks nationwide. The NRPA also publishes a quarterly newsmagazine, "Friends of Parks and Recreation," which focuses on people who are helping to preserve and rebuild our parks. If you'd like more information, write NRPA at 2775 S. Quincy Street, Suite 300, Arlington, VA 22206. To receive a subscription to the magazine, send a donation of $15 or more to NRPA/Friends of Parks and Recreation.



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Last year, pilot collection/recycling programs began with 150 schools in 10 states, and they have already doubled to over 350 schools in 13 states. Recycling at curbside has also been added, reaching over 100,000 households. And even though most communities don't have drink box recycling yet, we're working and you can help bring it to more areas. For more information and recycling locations, write: Recycling Facts, P.O. Box 65495, Washington, D.C. 20035.

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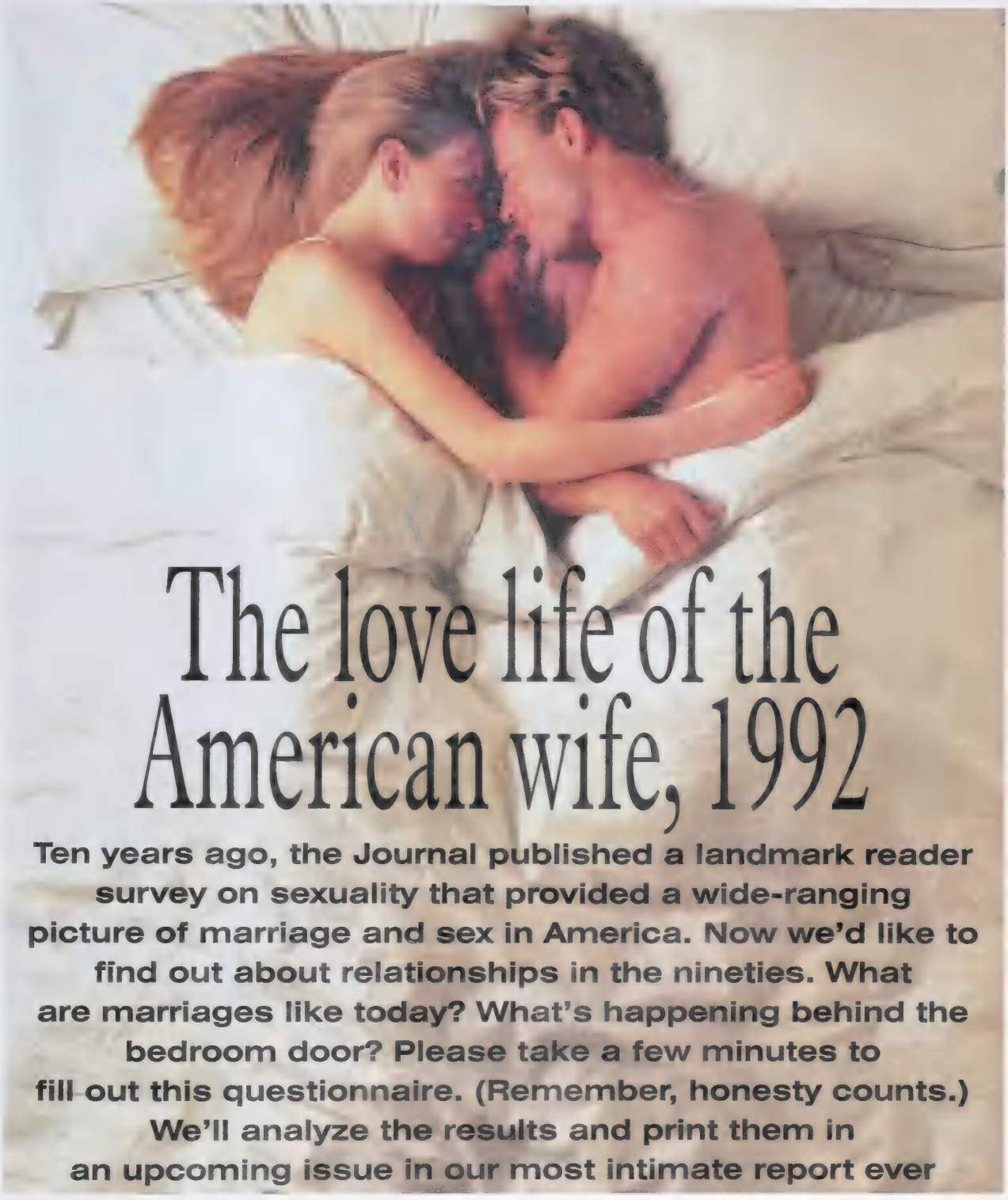
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So ask your doctor or pharmacist about Replens. Or just call 1-800-4-REPLENS (1-800-473-7536), to receive more information and a free sample.

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PARKE-DAVIS FEMALE HEALTH CARE



The love life of the American wife, 1992

Ten years ago, the Journal published a landmark reader survey on sexuality that provided a wide-ranging picture of marriage and sex in America. Now we'd like to find out about relationships in the nineties. What are marriages like today? What's happening behind the bedroom door? Please take a few minutes to fill out this questionnaire. (Remember, honesty counts.) We'll analyze the results and print them in an upcoming issue in our most intimate report ever

Check one answer for each question (unless otherwise indicated).

1. How often do you and your husband make love?

5-1 ☐ More than once a day
-2 ☐ Once a day
-3 ☐ Three to five times a week
-4 ☐ Once a week
-5 ☐ Two to three times a month
-6 ☐ Once a month
-7 ☐ Less than once a month
-8 ☐ Never

2. When do you usually make love? (Check all that apply.)

6-1 ☐ Weeknights
-2 ☐ Weekend nights
-3 ☐ Weekday mornings
-4 ☐ Weekend mornings
-5 ☐ Weekday afternoons
-6 ☐ Weekend afternoons
-7 ☐ No particular time

3. Were there ever periods in your marriage when you made love less often than now? (Check all that apply.)

7-1 ☐ No

Photo, FPG

-2 ☐ Yes, after the kids were born
-3 ☐ Yes, when we were having lots of financial problems
-4 ☐ Yes, when my job pressures were really high
-5 ☐ Yes, when his job pressures were really high
-6 ☐ Other _____
(8)

4. What is the longest time you and your husband have gone without making love (not counting when one of you was away)?
9-1 ☐ One or two days
-2 ☐ Three or four days
-3 ☐ Five to nine days
-4 ☐ Ten to twenty days
-5 ☐ A month
-6 ☐ More than a month



5. Do you ever make love anywhere other than the bedroom? (Check all that apply.)
10-1 ☐ No
-2 ☐ Yes, in the living room
-3 ☐ Yes, in the den/family room
-4 ☐ Yes, outdoors
-5 ☐ Yes, in the car
-6 ☐ Yes, in the tub or shower
-7 ☐ Other _____
(11)

6. Do you wish you made love:
12-1 ☐ More frequently
-2 ☐ Less frequently
-3 ☐ I am satisfied

7. Do you wish you had more time to make love?
13-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently

8. If you don't have enough time, is it usually because:
14-1 ☐ You're tired and need your sleep
-2 ☐ You're too busy with your job
-3 ☐ You're too busy with your kids
-4 ☐ Other _____
(15)

9. What do you like best about sex?
16-1 ☐ Hugs and kisses
-2 ☐ Manual stimulation
-3 ☐ Oral sex
-4 ☐ Intercourse
-5 ☐ Other _____
(17)

10. How often does your husband approach you when you're not interested in making love?
18-1 ☐ Always
-2 ☐ Frequently
-3 ☐ Sometimes
-4 ☐ Rarely
-5 ☐ Never

11. How does your husband initiate sex?
19-1 ☐ A direct request
-2 ☐ Embraces you
-3 ☐ An indirect request ("I'm going to bed")
-4 ☐ Other _____
(20) _____

12. How often do you turn him down?
21-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently

13. If you initiate sex, how do you do that?
22-1 ☐ A direct request
-2 ☐ Pull him into an embrace
-3 ☐ An indirect request
-4 ☐ Other _____
(23) _____

14. How often does your husband turn you down?
24-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently
-4 ☐ I never initiate

15. How does initiating sex affect your sexual satisfaction?
25-1 ☐ I feel more satisfied
-2 ☐ I feel somewhat more satisfied
-3 ☐ It's somewhat less satisfying
-4 ☐ It's much less satisfying
-5 ☐ It doesn't make a difference

16. How often do you fight about sex?
26-1 ☐ Often
-2 ☐ Occasionally
-3 ☐ Never

17. If you fight, what do you fight about? (Check all that apply.)
27-1 ☐ How often we make love
-2 ☐ He wants to try something, and I don't
-3 ☐ I want to try something, and he doesn't
-4 ☐ When to make love
-5 ☐ Other _____
(28)

18. How good a lover are you?
29-1 ☐ Excellent
-2 ☐ Good
-3 ☐ Average
-4 ☐ Passable
-5 ☐ Poor
-6 ☐ I don't know

19. How good a lover is your husband?
30-1 ☐ Excellent
-2 ☐ Good
-3 ☐ Average
-4 ☐ Passable
-5 ☐ Poor

20. How often do you have difficulty becoming aroused?
31-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

21. Do you currently use contraception?
32-1 ☐ Always
-2 ☐ Usually
-3 ☐ Rarely
-4 ☐ No, I'm trying to get pregnant
-5 ☐ No, I just can't be bothered
-6 ☐ No, I no longer menstruate
-7 ☐ No, it's against my religious beliefs

22. If you do use contraception, what method do you use? (Please specify.)
(33) ☐ Wife _____
(34) ☐ Husband _____

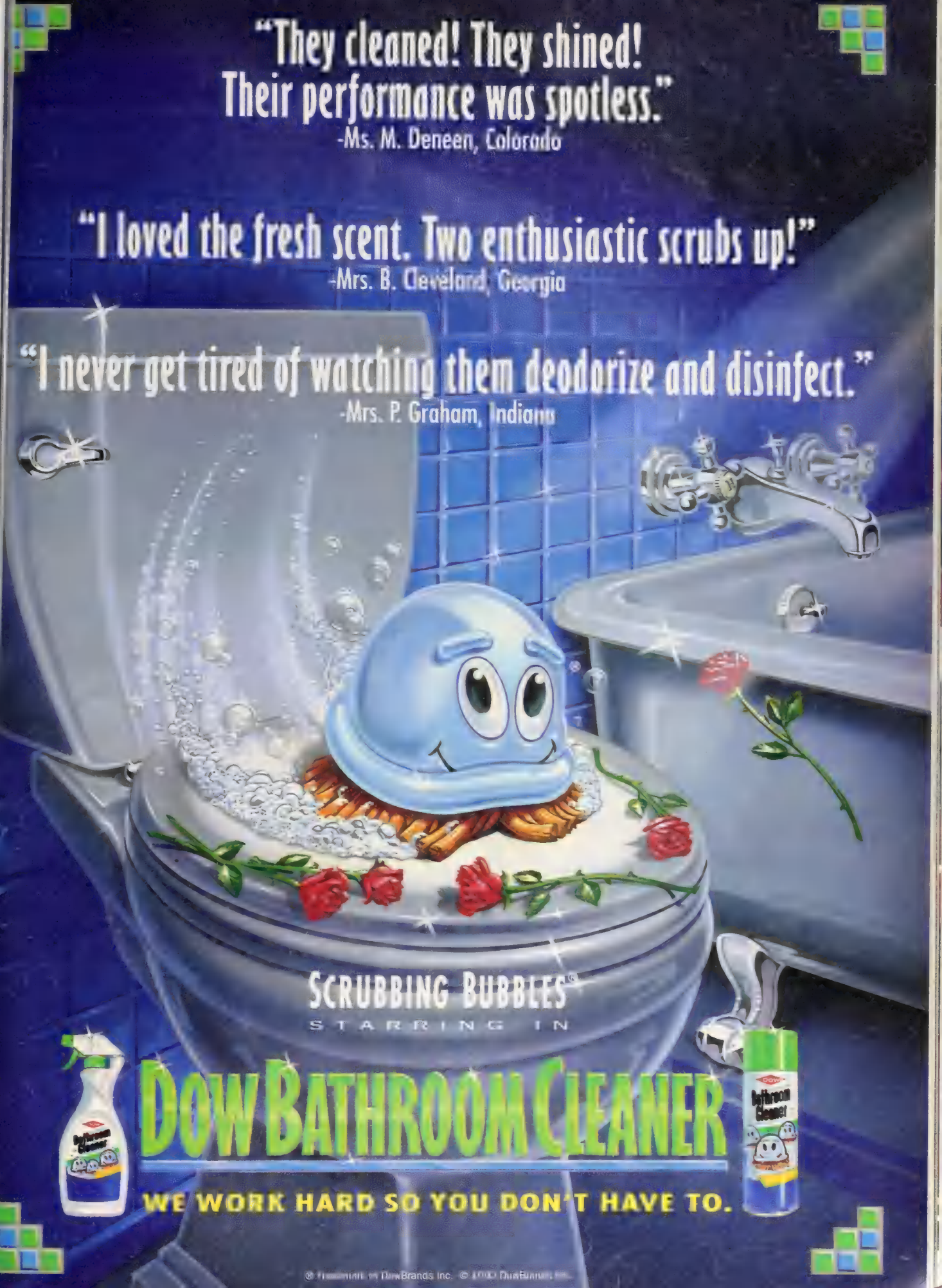
23. Do you ever worry that you might have contracted the AIDS virus—or that you could contract it now?
35-1 ☐ Yes
-2 ☐ No

24. If yes, why? (Check all that apply.)
36-1 ☐ I had sex before marriage and don't know the sexual history of my previous partners
-2 ☐ My husband had sex before marriage, and I don't know the sexual history of his partners
-3 ☐ I've had an extramarital affair
-4 ☐ My husband has had an affair
-5 ☐ Other _____
(37)

25. How often do you fantasize while making love?
38-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Sometimes
-4 ☐ Frequently
-5 ☐ Always

26. If you do fantasize, what do you fantasize about? (Check all that apply.)
39-1 ☐ Making love to another man
-2 ☐ Making love to a male celebrity
-3 ☐ Making love to another woman

Hoody, hat, boundary, hair and makeup, Elizabeth Heiter; stylist, Amy Ausladder.


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Great Cherry Flavor!

-4 ☐ Being overpowered by my spouse
-5 ☐ Being overpowered by another man
-6 ☐ Being dominant in bed
-7 ☐ Having group sex
-8 ☐ Other _____
(40)

27. How often do you think of something else—children's problems, money worries, etc.—while making love?
41-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Sometimes
-4 ☐ Frequently
-5 ☐ Always

28. What usually brings you to orgasm?
42-1 ☐ Intercourse
-2 ☐ Manual stimulation
-3 ☐ Oral stimulation

29. How often do you fail to reach orgasm?
43-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

30. Do you fake orgasm?
44-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

31. Does your husband have difficulty getting or maintaining an erection?
45-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

32. How often does your husband reach orgasm sooner than you'd like?
46-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

33. How often do you do things in bed that your husband likes but that make you feel uneasy?
47-1 ☐ Never
-2 ☐ Rarely
-3 ☐ Occasionally
-4 ☐ Frequently
-5 ☐ Always

34. Does your husband ever make a request (new position, etc.) that you refuse?
48-1 ☐ Yes
-2 ☐ No

35. What is the one thing you won't do?
49-1 ☐ Perform oral sex
-2 ☐ Have him perform oral sex on me
-3 ☐ Have anal sex
-4 ☐ Other _____
(50)

36. How often do you feel guilty if you turn down your husband's requests?
51-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently

37. How often do you make a request your husband turns down?
52-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently

38. Is your marriage still romantic? (Check all that apply.)
53-1 ☐ No
-2 ☐ Yes, he brings me flowers
-3 ☐ Yes, he writes me love notes
-4 ☐ Yes, I write him love notes
-5 ☐ Yes, I cook his favorite foods
-6 ☐ Yes, I call him during the day to say I love him
-7 ☐ Yes, he calls me during the day to say he loves me
-8 ☐ Other _____
(54)

39. How often do you schedule lovemaking—meeting your husband at home during lunch, for example?
55-1 ☐ Frequently
-2 ☐ Occasionally
-3 ☐ Never

40. Do you give in to spontaneous desire?
56-1 ☐ Never
-2 ☐ Yes, we've made love early in the evening when the urge strikes
-3 ☐ Yes, we've called in late for work
-4 ☐ Yes, we left a party early
-5 ☐ Other _____
(57)

41. How often do you fix up before lovemaking—put on lingerie, perfume, etc.?
58-1 ☐ Never
-2 ☐ Occasionally
-3 ☐ Frequently

42. If you talk while making love, what do you say? (Check all that apply.)
59-1 ☐ I tell him what I want him to do
-2 ☐ I express pleasure
-3 ☐ I whisper sweet nothings
-4 ☐ I talk sexy or dirty
-5 ☐ I don't talk
-6 ☐ Other _____
(60)

43. Do you ever use erotic or pornographic material to heighten your lovemaking?
61-1 ☐ No, never
-2 ☐ Yes, occasionally
-3 ☐ Yes, frequently

44. If yes, what kind of erotic material do you use? (Check all that apply.)
62-1 ☐ Sexy magazines
-2 ☐ Erotic videos/movies
-3 ☐ Sex toys
-4 ☐ Other _____
(63)

45. Why do you use erotic material?
64-1 ☐ He finds it exciting
-2 ☐ I find it exciting
-3 ☐ We both find it exciting
-4 ☐ Do not use

46. Is married sex what you imagined it would be?



65-1 ☐ Much better than I imagined
-2 ☐ Exactly as I imagined
-3 ☐ It's more routine
-4 ☐ It's less satisfying

47. If you could change the way your husband relates to you sexually, what would you want? (Check all that apply.)
66-1 ☐ More tenderness
-2 ☐ More aggression
-3 ☐ More skill
-4 ☐ More passion
-5 ☐ More experimentation
-6 ☐ I don't want to change him

48. When you first met your husband, did he attract you:
67-1 ☐ Physically
-2 ☐ Intellectually (his personality)
-3 ☐ A combination

49. Do you now consider him:
68-1 ☐ More physically attractive
-2 ☐ Less attractive
-3 ☐ The same

50. Since your marriage, have you ever ▶

Bruce Buyers/PPG

been sexually involved with someone other than your husband?

69-1 ☐ Never
-2 ☐ Yes, once
-3 ☐ Yes, a couple of times
-4 ☐ Yes, often
-5 ☐ Yes, continually

51. If yes, where did you meet the other man?

70-1 ☐ At work; he's my boss
-2 ☐ At work; he's a colleague
-3 ☐ Socially; he's a friend
-4 ☐ Socially; he's a friend of my husband's
-5 ☐ Through the personals
-6 ☐ By happenstance

52. If you've been sexually involved outside your marriage, what's the longest



that a relationship lasted? (Fill in the appropriate numbers.)

☐ ____ months ☐ ____ years (71-72)

53. Are you having an affair now?

73-1 ☐ Yes
-2 ☐ No

54. How did the affair(s) compare to marital sex? (Check all that apply.)

74-1 ☐ More exciting
-2 ☐ Less exciting
-3 ☐ More emotionally satisfying
-4 ☐ Less emotionally satisfying
-5 ☐ Same as in marriage
-6 ☐ Never had an affair

55. Some people say that extramarital sex increases satisfaction within the marriage. In your experience, has the affair had:

75-1 ☐ No effect on your marriage
-2 ☐ A positive physical effect on your satisfaction in your marriage
-3 ☐ A negative physical effect
-4 ☐ A positive emotional effect
-5 ☐ A negative emotional effect
-6 ☐ Never had an affair

[80-1]

56. If you've had an extramarital affair, how do you feel about it?

5-1 ☐ I was exhilarated by it
-2 ☐ I feel guilty about it
-3 ☐ I have no particular feeling about it

57. How often do you and your husband discuss sex or sexual feelings?

6-1 ☐ Often
-2 ☐ Occasionally
-3 ☐ When we have a problem
-4 ☐ Never

58. How often do you simply not feel interested in sex or being sexual?

7-1 ☐ Always
-2 ☐ Frequently
-3 ☐ Occasionally
-4 ☐ Rarely
-5 ☐ Never

59. Imagine that you and your husband could no longer have a sexual relationship, but that everything else in your marriage (shared interests, finances, etc.) stayed the same. How much would the lack of love-making matter to you?

8-1 ☐ It would be unbearable
-2 ☐ A lot, but I could stand it
-3 ☐ Not that much really
-4 ☐ Probably not at all

60. If your feelings about yourself as a sexual person have improved in the last few years, to what do you most attribute that change?

9-1 ☐ I feel freer to enjoy myself now
-2 ☐ Learning and having more information about sex
-3 ☐ Having more sexual experience
-4 ☐ Improved feelings about myself as a woman
-5 ☐ There has been no change in my feelings

PERSONAL DATA

(Check one answer for each question.)

1. How old are you?

10-1 ☐ Under 18
-2 ☐ 18 to 24
-3 ☐ 25 to 29
-4 ☐ 30 to 34
-5 ☐ 35 to 39
-6 ☐ 40 to 44
-7 ☐ 45 to 49
-8 ☐ 50 to 54
-9 ☐ 55 to 59
-0 ☐ 60 or older

2. Where do you live?

11-1 ☐ City
-2 ☐ Suburb
-3 ☐ Rural area

3. Education completed:

12-1 ☐ Some high school
-2 ☐ High school graduate
-3 ☐ Some college, business school or post–high school education
-4 ☐ Graduate of a four-year college
-5 ☐ Postgraduate study
-6 ☐ Postgraduate degree

4. Do you work outside the home?

13-1 ☐ Yes, full-time
-2 ☐ Yes, part-time
-3 ☐ No, I work at home
-4 ☐ No, I'm a homemaker
-5 ☐ No, I'm a student
-6 ☐ No, I'm retired

5. What was your approximate household income for 1991 before taxes?

14-1 ☐ Under $25,000
-2 ☐ $25,000 to $34,999
-3 ☐ $35,000 to 49,999
-4 ☐ $50,000 to $74,999
-5 ☐ $75,000 to $99,999
-6 ☐ $100,000 to $124,999
-7 ☐ $125,000 or more

6. What was your approximate personal income for 1991 before taxes?

15-1 ☐ Under $25,000
-2 ☐ $25,000 to 34,999
-3 ☐ $35,000 to $49,999
-4 ☐ $50,000 to $74,999
-5 ☐ $75,000 to $99,999
-6 ☐ $100,000 to $124,999
-7 ☐ $125, 000 or more

7. How long have you been married?

(16-17) ☐ ____ years
18-1 ☐ less than a year

8. Is this marriage your:

19-1 ☐ First
-2 ☐ Second
-3 ☐ Third or more

9. How would you rate your marriage?

20-1 ☐ Very happy
-2 ☐ Happy
-3 ☐ Neither happy nor unhappy
-4 ☐ Unhappy
-5 ☐ Very unhappy

10. How many children do you have?

20-1 ☐ One
-2 ☐ Two
-3 ☐ Three or more
-4 ☐ None

[80-2]

Please send your completed questionnaire by June 30, 1992, to Ladies' Home Journal Survey, 6400 Jericho Turnpike, Syosset, NY 11791.

"Great Spirit, Guide Me Today"



- **23K gold rim**
- **Limited edition**

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In the shadowy mist of early morning, a noble Indian warrior raises his arms to the heavens, asking the Great Spirit to send his guidance on this day.

This is the breathtaking scene captured in "Deliverance" — the remarkable, *first-ever* collector plate by acclaimed Western artist Chuck Ren. Ren has created a striking portrait of an Indian warrior — dressed in buckskins and beaded vest, his head crowned with a magnificent feathered war headdress, representing a stately portrait of great courage and strength.

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Considering the popularity of Ren's original works and the fact that this is his *first-ever* collector plate, a strong response to "Deliverance" is anticipated. Applications will be considered in order of receipt. Submit yours without delay!

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DELIVERANCE

Respond by: June 30, 1992

Limit: Two plates per collector

Please accept my reservation for _____(1 or 2) "Deliverance" plate(s) at $29.50* (plus $2.68 shipping and handling) each, payable in two monthly installments.

I need send no money now. On acceptance, I will be billed for my first installment of $16.09 ($32.18 for 2 plates) prior to shipment. **WTM1 QD 3C**

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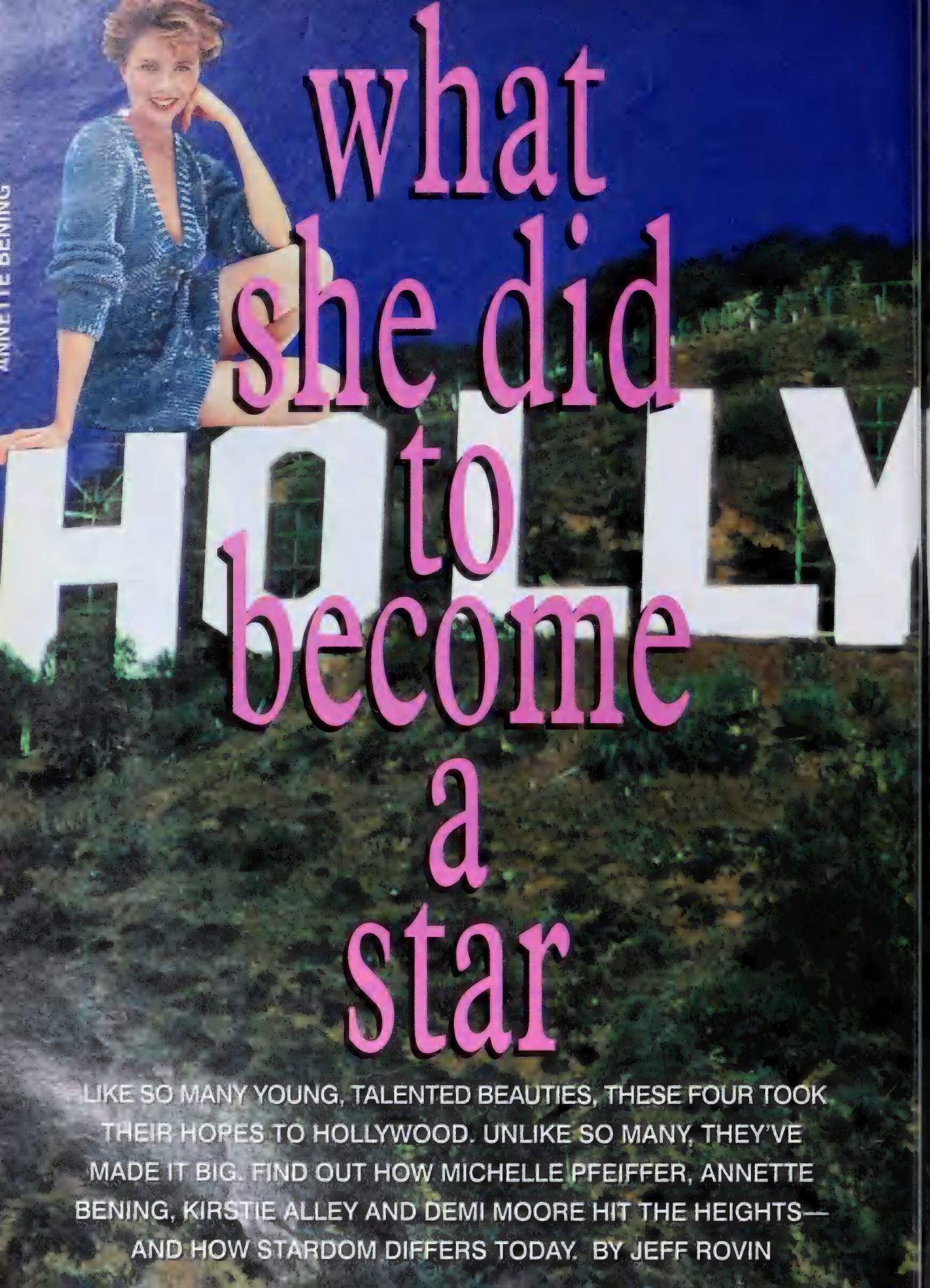
Telephone (_____)_____

Signature_____

***FL residents will be charged the appropriate state sales tax.** *All applications must be signed and are subject to acceptance.*

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what she did to become a HOLLY star

LIKE SO MANY YOUNG, TALENTED BEAUTIES, THESE FOUR TOOK THEIR HOPES TO HOLLYWOOD. UNLIKE SO MANY, THEY'VE MADE IT BIG. FIND OUT HOW MICHELLE PFEIFFER, ANNETTE BENING, KIRSTIE ALLEY AND DEMI MOORE HIT THE HEIGHTS—AND HOW STARDOM DIFFERS TODAY. BY JEFF ROVIN

When Kirstie Alley blew into Tinseltown from Wichita, Kansas, in 1981, she gave herself a year to become a star—a whole twelve months. Yes, she was that naive. As she tells it: "I thought it was a forties movie. You come to Hollywood, you knock on the William Morris Agency's door, and it's 'Wow! You're it, girl, you're it!'" Amazingly, Kirstie did land a movie part within her time limit—although it took her until her second season on *Cheers*, in 1988, to become a full-fledged star.

But such Hollywood success stories are—and always have been—the exception, not the rule. Even during the Golden Age of Hollywood, when the movie-studio system churned out celebs and charted their careers, it was nearly impossible to become a star. And, despite the additional exposure TV and videos offer, it is almost as difficult today.

What does it take to make it big? That elusive attribute, star quality, of course. It's what the great actress Helen Hayes defines as the ability to "give a world-class performance and make it seem effortless." Beauty, talent and sensuality are also key. And although the (*continued on page 178*)

KIRSTIE ALLEY

DEMI MOORE

MICHELLE PFEIFFER

A brilliant MADNESS

TEN YEARS AGO, MY ERRATIC BEHAVIOR WAS DIAGNOSED AS MANIC DEPRESSION. TODAY, I'M FIGHTING BACK AGAINST THIS ILLNESS EVERY DAY OF MY LIFE.
BY PATTY DUKE AND GLORIA HOCHMAN

As a teenager, actress Patty Duke captivated America with her Oscar-winning portrayal of Helen Keller in "The Miracle Worker" and her starring role in the popular "Patty Duke Show." What neither Patty nor her fans knew then was that underneath the surface lurked a disease that threatened to destroy her life. In her 1987 autobiography, "Call Me Anna" (Anna is Patty's real first name), she revealed her secret: She suffered from manic depression, a serious mental illness characterized by alternating periods of mania and despair. (For important medical information about the illness—also from the book "A Brilliant Madness"—see page 176.)

Despite a successful career, which has included three Emmy Awards, Patty struggled for control of her life until her diagnosis at the age of thirty-five. She endured frenzied highs, when she experienced delusions, panic attacks and irrational anger, talked nonstop and acted impulsively. Then she'd plunge into a severe depression, taking to her bed for weeks at a time, crying constantly, and trying to overdose on pills. The illness put a tremendous strain on her family, contributing to the breakup of two marriages and deeply hurting her children.

Today, thanks to proper

(continued on page 174)

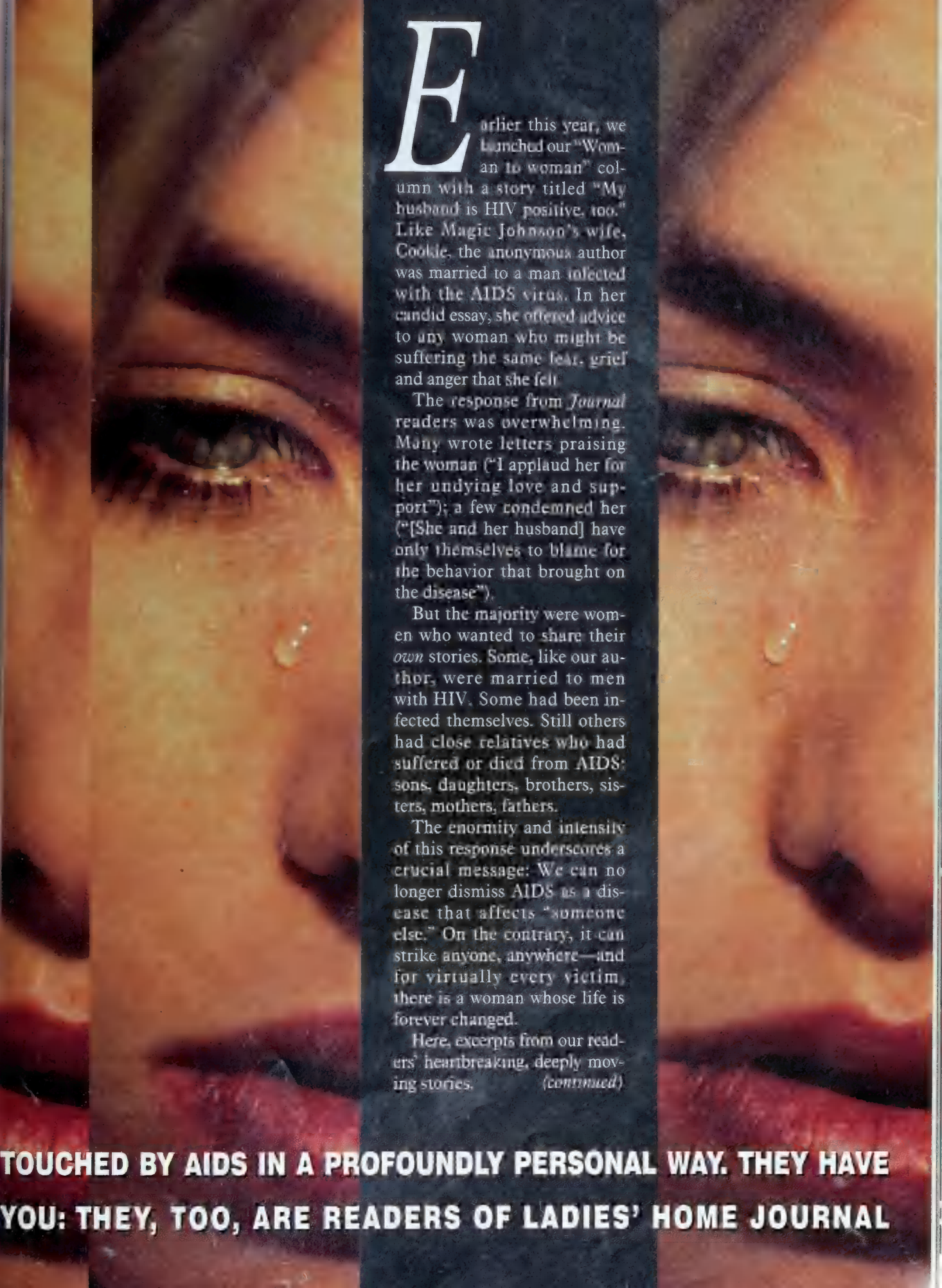
From A BRILLIANT MADNESS: LIVING WITH MANIC-DEPRESSIVE ILLNESS, by Patty Duke and Gloria Hochman. Copyright © 1992 by Patty Duke. Reprinted by permission of Bantam Books, a division of Bantam Doubleday Dell Publishing Group, Inc. All rights reserved.





Love and sorrow

THE WOMEN IN THE FOLLOWING STORIES HAVE ALL BEEN
SOMETHING ELSE IN COMMON WITH EACH OTHER, AND WITH



Earlier this year, we launched our "Woman to woman" column with a story titled "My husband is HIV positive, too." Like Magic Johnson's wife, Cookie, the anonymous author was married to a man infected with the AIDS virus. In her candid essay, she offered advice to any woman who might be suffering the same fear, grief and anger that she felt.

The response from *Journal* readers was overwhelming. Many wrote letters praising the woman ("I applaud her for her undying love and support"); a few condemned her ("[She and her husband] have only themselves to blame for the behavior that brought on the disease").

But the majority were women who wanted to share their *own* stories. Some, like our author, were married to men with HIV. Some had been infected themselves. Still others had close relatives who had suffered or died from AIDS: sons, daughters, brothers, sisters, mothers, fathers.

The enormity and intensity of this response underscores a crucial message: We can no longer dismiss AIDS as a disease that affects "someone else." On the contrary, it can strike anyone, anywhere—and for virtually every victim, there is a woman whose life is forever changed.

Here, excerpts from our readers' heartbreaking, deeply moving stories. *(continued)*

TOUCHED BY AIDS IN A PROFOUNDLY PERSONAL WAY. THEY HAVE YOU: THEY, TOO, ARE READERS OF LADIES' HOME JOURNAL



Suddenly homeless

When I read the article in the February issue, I felt compelled to write, because my husband and I both have the AIDS virus.

At first, when I learned our diagnosis, I denied it and was sure there was some mistake. Although we hadn't always practiced safe sex before or after we met, I had no symptoms. My husband, on the other hand, had been slowing down. Then *I* began to slow down. I cut down on my work hours, but I still came home exhausted and spent less time cooking—a hobby I once loved.

Surely I would never be touched by AIDS, I thought. I had been married to the same man for twenty-six years and had never used drugs. How wrong I was.

One day I made the decision to work only part-time, and that was when I finally admitted to myself that I wasn't going to recover. I became angry with myself and with Warren*, whose condition had also worsened. I blamed God. When the anger passed, I felt there was nothing to live for.

Things got much worse. We finally had to quit work; I had no medical insurance, and Warren's didn't even begin to cover our bills. Family and friends helped us out for a while, but we quickly found ourselves without a home.

We had sold almost everything we owned; when we could no longer pay the rent, we packed up our two dogs and what was left of our belongings into the car. We just sat there for a moment feeling perplexed, and I burst into tears. Where were we going to go?

Suddenly, we both had the same idea. We hadn't sold our camping equipment, so we headed out to the nearest state park. Spending five months in a tent was challenging, to say the least. Surprisingly enough, Warren and I had very few arguments. We just did what we had to do to survive, and eventually we had a great time. Miraculously, we didn't get really sick during the unusually harsh winter.

When Warren's Social Security payments began, we were almost disappointed to leave the park, but we vowed to return as often as we could. We found a comfortable apartment just as my disability payments began, and together we built a nice home from nothing.

It's been nine months since we lived in that park. Warren and I take care of ourselves and have even returned to work part-time. The possibility of becoming deathly ill at any time has never left our thoughts completely, but we continue to live our lives one day at a time at a comfortable pace, fulfilling our hopes, dreams and goals.

—A Texas reader

*All names have been changed.

I miss you, Mom

In the years since AIDS became an epidemic in our country, I have read many moving stories by people with loved ones who have died from the disease, but I have not yet read an account of the loss of a parent. For me it was my mother, my best friend.

In 1985, after her third divorce, Mom met a man. She fell in love, and they planned a future together. However, after they had been together four years, Scott began to become sick quite often. In September 1989, we were terrified to learn he had AIDS.

Scott confessed that he had tested positive years earlier, when he had tried to enlist in the military reserves. My mother was devastated and angry, but she still loved Scott and begged me and my siblings not to hate him; he had suffered enough.

I promised, and I stood by Mom as she cared for him. I tried so hard to be supportive of her, to listen and not to judge, but it was difficult to keep my own anger toward Scott from clouding my vision. I felt that he had given my mother a death sentence: Soon after we discovered the truth about Scott's illness, Mom tested positive for HIV.

In April 1990, Scott died at home with Mom at his side. His death hit her hard, not only because she loved him so much, but because she knew her own fate. I admire my mother's strength and bravery. She not only suffered the deadliest of betrayals, but she continued to love when most would have left.

Mom lived only a year longer than Scott. She stayed physically healthy, but her depression consumed her and she seemed unwilling to fight her own battle. In February 1991, she contracted the form of pneumonia that commonly strikes AIDS victims. She had made me promise not to have her put on life-support machines, and I honored her request.

I thank God often that it went quickly for her, but I also wish things had ended differently. I wish her grandchildren had the chance to know how wonderful she was. I wish my brother, who was in the Persian Gulf at the time, had been there to say his good-byes. I wish my sister could have Mom by her side when she marries and has her first child. And I wish we all had that special friend we could always count on. **—A California reader**

It could never happen to us

I remember many years ago hearing about a disease called AIDS that was attacking *(continued on page 184)*



"There may be less meat in your diet, but it's still a very important part of hers."

You want life to be as good as possible for your dog. You scratch her stomach and take her for extra-long weekend walks. You take care of her when she's sick. And you feed her a nutritious dog food.

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Joan Embery

Joan Embery
Ambassador
San Diego Zoo





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STYLE

Just checking



Gingham is all grown up: Despite a checkered past down on the farm, the look today is downright sexy. From spare, sixties-inspired sheaths like the baby-blue-and-white dress at left to tailored, city-smart suits, gingham's graphic impact is a summer must. Check it out





Just checking

checks appeal

Pretty pink-and-white jacket, matching capris and white bra top, all by Anne Klein A-Line, show off gingham's sweetly sexy side.

in check

A curvy little tailored jacket in striking red and white by Georges Marciano adds fast class to a jaunty pair of red bermudas. An equally great match: slim white jeans or a short, narrow skirt.

check to check

Gingham goes country in a retro fifties, James Dean fashion: a roomy red-and-white shirt tied over a tee and paired with this summer's jeans alternative, gingham cigarette pants. Even the sunglasses check into the act!

Far left: shoes, Sam & Libby; sunglasses, Anne Klein II for Riviera; bag, Koret; scarf, Pierre Deux. Left: shorts, Moschino Jeans; sandals, Unisa; hair, Daniel Howell for Celestine L.A.; make-up, Lutz for Prima L.A.; model, Clare Hoak of Click L.A. Right: shirt, Moschino Jeans; tee, Hanes; pants, The Limited; sunglasses, Montana; model, Alisa Cornell of Prima L.A.





Just checking

checks, please

Breezy little dresses are summer basics, and this one, by Steven Stolman, is a check in the right direction: a shapely sheath with a flirty kick-pleat hem in giant-size red-and-fuchsia gingham.

checks and balances

A distinctly unmatched set in summer-right blue and white: Anne Klein A-Line's big-check collared halter (a hot top this season) and mini-check slim skirt make a strong statement for gingham's current charm.

checkpoint

The most feminine of suits: Philippe Adec's long, tailored jacket and skinny miniskirt in a tiny black-and-white gingham have a touch of Lycra for a truly great fit. Add sharp extras like grosgrain slingbacks, black gloves and a chunky necklace.

Left: shoes, Armando Pollini. Far right: shoes, Ann Taylor; gloves, La Crasia; necklace, Erwin Pearl; bag, Honey Collection.





". . . and when she was bad, she was simply adorable!"



CERTIFIED PREMIERE GRADE THE ASHTON-DRAKE GALLERIES

A timeless portrait of childhood, only ***$79.***

Actual size is 15 inches tall. Complete with "broken" flower pot and doll stand.

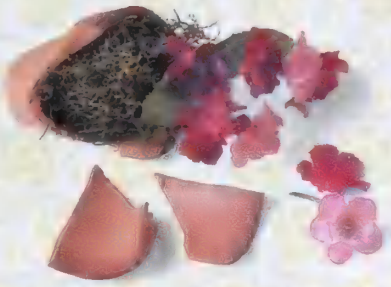
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"The Little Girl with a Curl"

This feisty little charmer is a remarkable value!

as it the cat? Or just the wind? ho knows. . . but now that her little ot of flowers is broken, "The Little irl With a Curl" is *very* upset!

"The Little Girl With a Curl" is a sy-cheeked little beauty, and an iginal issue in *Dianna Effner's lother Goose* collection.



There was a little girl
Who had a little curl
Right in the middle of her forehead.
When she was good,
She was very, very good,
But when she was bad,
she was horrid!

uality Craftsmanship t Every Detail

The Little Girl With a Curl" is neticulously handcrafted with head, rms, and legs cast of fine bisque orcelain, skillfully hand-painted in felike colors and blush shading. Her head is fully oseable, so she can look down at her "broken" pot f flowers. She wears a sweet Victorian-style frock, ailored of ivory cotton-blend fabric and beautiful- detailed. Each doll is hand-numbered and comes vith a matching-numbered Certificate of uthenticity.

Evaluated against *The Uniform Grading Standards or Dolls* developed by the Ashton-Drake Galleries, these distinctive features have earned The Little Girl With a Curl" the *Standards'* highest ating for artistry and crafts- nanship — Premiere Grade.

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The doll you buy today nay be a wise investment for he future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship — such as "The Little Girl With a Curl" and other Premiere Grade dolls — have excellent potential to appreciate.

Bear in mind that "The Little Girl With a Curl" is an original issue in an exclusive edition — similar to the exceptional, sold-out storybook dolls in the chart below. "The Little Girl With a Curl" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "The Little Girl With a Curl" can be yours to cherish for *only $79.00 — an extraordinary value for an heirloom-quality doll.* To order, simply complete and mail the attached Reservation Certificate. But hurry. . ."The Little Girl With a Curl" is issued in an exclusive edition ending forever in 1992, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Storybook Doll	Edition End	Issue Price	Average Market Value*	Change
"Little Bo Peep"	1987	$58	$305	+$247
"Mary Had a Little Lamb"	1988	$58	$210	+$152
"Little Red Riding Hood"	1989	$68	$175	+$107

*Source: January, 1992 survey of sales by select doll dealers. Prices are based on relatively few sales and reflect supply and demand. Actual resale prices realized by collectors may be lower.

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Signature _____ Date _____

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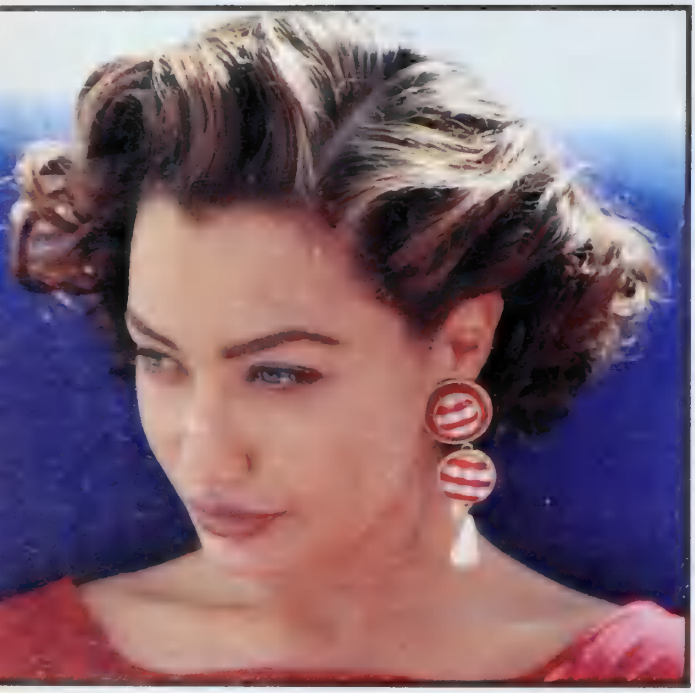
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Get set

Glamour is a top priority today in tony salons across the country: Everyone who wants head-turning, movie-star style is setting her hair. So don't play it straight—start making waves. By Lois Joy Johnson, Beauty and Fashion Director



WAVE OF THE FUTURE

The new set uses hot rollers or Velcro rollers on nearly dry hair for only fifteen minutes," says stylist Sally Hershberger, of Arthur Johns Ad'jectives, in L.A., whose clients include Jodie Foster, Meg Ryan and Annette Bening. "The point is to add texture," says stylist Michael Mazzei, of Nubest & Co., in Manhasset, New York. "The look has lots of waves. The set is back because people want to look more glamorous. There's a definite forties influence," says Mazzei. Fifties, too, says Cristophe, owner of Cristophe Salon, Beverly Hills. "It's a sexy look reminiscent of the young Sophia Loren."

"The look is glamorous, soft and feminine with lots of S waves. Hair has new volume and texture. The big message is that with a roller set everybody can be fashionable."—Jean Jacques Itier-Alexandre

TREND-SETTERS

ACCORDING TO HERSHBERGER, "TRENDS LIKE THIS ALWAYS START WITH THE MODELS. THEN THE CELEBRITIES, AND FINALLY THE MAINSTREAM. I JUST WORKED ON A COMMERCIAL WITH SUPERMODEL CHRISTY TURLINGTON AND SET HER HAIR WITH VELCRO ROLLERS. CYBILL SHEPHERD AND ANNETTE BENING ARE SETTING THEIR HAIR, TOO, BUT AGAIN, IT'S SMOOTHER, NOT DEFINED CURLS." SAYS CRISTOPHE, "ABOUT NINETY PERCENT OF MY CUSTOMERS ARE BUYING VELCRO ROLLERS. ON A RECENT WEEKEND I SOLD FOUR HUNDRED PACKAGES."

Hair, John Caruso for Clive, NYC; makeup, Agostina for Celestine L.A.; model, Sky Nellor for Prima L.A. Left: dress, Lili Cube; earrings, Rokoff. Right: Bodysuit, Emporio Armani; necklaces, Craft Caravan.

All photos, J. Hill





Roll with it

"Velcro rollers are good if you want the set to last a few hours. We use them for photo shoots, but you could use them for a special night out. A hot-roller set lasts all day." —Sally Hershberger

SETTING PRETTY

ROLLER SETS ARE ONE OF THE FASTEST, EASIEST WAYS TO LOOK CURRENT, AND YOU DON'T EVEN HAVE TO CUT YOUR HAIR. THEY GIVE ANY LENGTH A NEW LOOK," SAYS JEAN JACQUES ITIER-ALEXANDRE, DIRECTOR OF T'SERS SALON, IN NEW YORK CITY. JOHN FRIEDA, OWNER OF JOHN FRIEDA SALON, IN NEW YORK CITY, AGREES THAT HAIR LENGTH ISN'T AN ISSUE, BUT "THE TOP LAYERS SHOULD BE LONG, ABOUT THREE OR FOUR INCHES." HOWEVER, ALL THE STYLISTS SAY IT'S SIMPLER TO SET HAIR THAT HAS SOME NATURAL CURL. "IN ESSENCE, YOU'RE JUST SMOOTHING OUT THE TEXTURE THAT'S ALREADY THERE," SAYS CRISTOPHE, WHOSE STAR-STUDDED SALON CATERS TO MICHELLE PFEIFFER AND SALLY FIELD. HE ADDS, "WITH STRAIGHT HAIR, YOU HAVE TO PUT THE CURL IN, AND SOMETIMES IT'S BETTER TO GET A BODY WAVE FIRST." HOWEVER, HAIR SHOULDN'T BE VERY CURLY, EITHER. "IF IT IS," SAYS SALLY HERSHBERGER, "YOU MAY WANT TO BLOW IT OUT STRAIGHT AND THEN SET IT."



"Setting has a strong influence on all age groups. It makes older women look young, modern, sophisticated." —John Frieda

SHINING THROUGH

The mane results of the new set hair are waves and shine. "The finish makes this look different," says John Frieda. John Caruso for Clive, NYC, says, "Brushing hair through with your fingers results in a curlier, naturally tousled look. But for a smooth, Lauren Bacall-like look, use a Mason Pearson brush. First, flip your head over and brush from underneath. Then bring your head back up and smooth out the top by brushing hair down and under."

What the pros do agree on is using products that exaggerate shine. They all like silicone-based products, which, says Frieda, "will give a shine and help achieve the separated texture desired. The hair will not look oily or feel crispy—it will be soft and natural when you touch it." The stylists recommend: Sebastian Systema Laminates Drops, Aveda Purefume Brilliant Humectant Pomade, Kiehl's Creme with Silk Groom and John Frieda's Frizz-Ease Hair Serum. Turn the page for step-by-step setting instructions.

Far left: Hair, Daniel Howell for Celestine L.A.; makeup, Lutz for Prima L.A.; bodysuit, Lili Cube; model, Lisa Hicks for Prima L.A. Left: Hair, Syd Curry for Dorie Sherman; makeup, Agostina for Celestine L.A.; shirt, Calvin Klein Sport; model, Jackie Volker for Elite L.A.



Ready? Set

We asked hair pro Frederic Fekkai, of the Frederic Fekkai Salon at Bergdorf Goodman, New York City, for pro setting instructions. Frederic, whose celebrity clients include Meryl Streep, Barbra Streisand and Lauren Hutton, has a few pre-set tips: Wash hair and dry it about 80 percent. Apply a setting product and set hair according to your hair length (see below). Keep the rollers on for fifteen to twenty minutes. To hold the set, all you need is a soft hairspray.

FOR SHORT HAIR

If you have a very short, layered cut, about one to two inches long, it will be difficult to set your hair on Velcro rollers. Instead, set hair in allover pincurls for the same effect. For a longer short cut—long top and sides, short nape: Use small Velcro rollers and set hair in sections, rolling toward back of head. Let the roller sit on the root of hair and then wrap the ends of hair around the roller. The rollers should be randomly placed. For a side wave, part hair and start rolling the hair in sections from the top of the part. Roll down the side of head, starting from the ends and rolling under toward scalp. Set both sides this way, then set back of head in a row going down.

If hair is normal to thick, use a mixture of half gel and half finishing cream or a laminate product (a dime-size portion of each) before setting. If hair is thin, add a bit of thickening lotion or spray to the mixture.

A TIP FROM FREDERIC

If you have very fine hair, whether short or long, consider getting a body perm. This isn't like the old curly perms—it will just give you volume to achieve the look you want from rollers.

FOR MEDIUM-LENGTH HAIR

If you have an all-one-length bob, anywhere from the chin to just above the shoulders, you can set for allover curl or a side wave. For curls: Set the whole head using large Velcro rollers on top and smaller ones in back and at the nape. If there are any stray short hairs at the nape, bobby-pin them down so they'll dry flat. Since you want to add lift to the hairline, roll toward the back of the head, from the ends to the scalp. Begin at the crown and work toward the nape. For a side wave: Part hair. Roll under, in sections, from the part on both sides; roll the back in a row straight down.

Apply a volumizing spray to the roots only before setting to create a lift without weighing down the rest of the hair.

FOR LONGER HAIR

If hair is shoulder-length or longer, you can go smooth, curly or have a flip. For a smooth look: Set entire head on big Velcro rollers. All hair is sectioned off and rolled under toward back of head. For curls: Set entire head, but alternate with big and smaller Velcro rollers. Roll under and back. For a flip: Set hair with big rollers by rolling from ends to root, but roll upward instead of under.

Build up roots with a gel and then work sculpting lotion through the rest of your hair. This will give you maximum volume and height, and eliminate stringiness.

Where can I get Velcro rollers?

All our experts love Velcro rollers—they're easy to use, inexpensive and produce the perfect amount of curl. They're available at most beauty-supply stores and cost about $2.50 for a package of six. The number of rollers you'll need depends on the length and thickness of your hair.



SETTING YOUR BANGS WHEN SETTING A HAIRSTYLE WITH BANGS, ALL YOU NEED IS A ROLL OF COTTON AND A FEW HAIR CLIPS. PLACE COTTON UNDER BANGS AND SECURE IN PLACE WITH CLIPS. ROLL REST OF HAIR TOWARD BACK OF HEAD.

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WOMEN'S HEALTH NEWS

Monistat® 7 is the number one cure for women's yeast infections.



"Whenever I travel I take my toothbrush, my hair dryer and Monistat 7 suppositories."

Listen to one woman's story:

"I don't mind traveling for work, but it can be stressful. So sometimes I get a yeast infection. I've learned to always pack Monistat 7 suppositories. If I'm away two nights, I'll take two along, just in case. And then I can continue treatment at home."

Three out of four women will get a feminine yeast infection in their life. So there's hardly a woman who isn't familiar with the suffering it can cause. But what can add to the suffering — especially for women with recurrent yeast infections — is that it's hard to pinpoint why you get one.

What is known about yeast infections is that they're caused by an overgrowth of the microorganisms (fungi) that are naturally occurring in the vagina. These can overgrow for a variety of reasons.

IS IT ME OR WHAT?

Your vagina normally has a pH between 4.0 and 5.0, which is slightly acidic. If the pH level rises so that it's less acidic and more alkaline, it allows fungi to multiply too quickly, which results in a yeast infection.

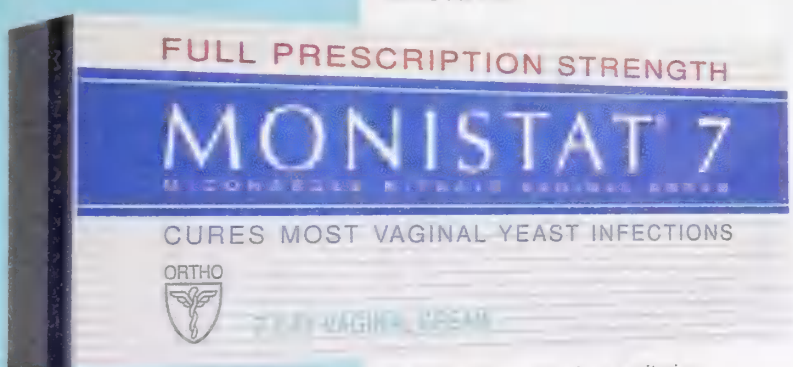
It's believed that one culprit that often disrupts the natural acidity in your vagina is a hormone change. Pregnancy and oral contraceptives can both change hormone levels. Just why these changes affect some women and not others still baffles doctors.

NOW WHAT'S THE NEXT STEP?

If you think you have a yeast infection and it's your first time, see your doctor. If you've had one before, chances are you will recognize your symptoms again. Either way, you'll probably need an antifungal cream or suppositories to cure it.

TRUST THE CURE YOU KNOW

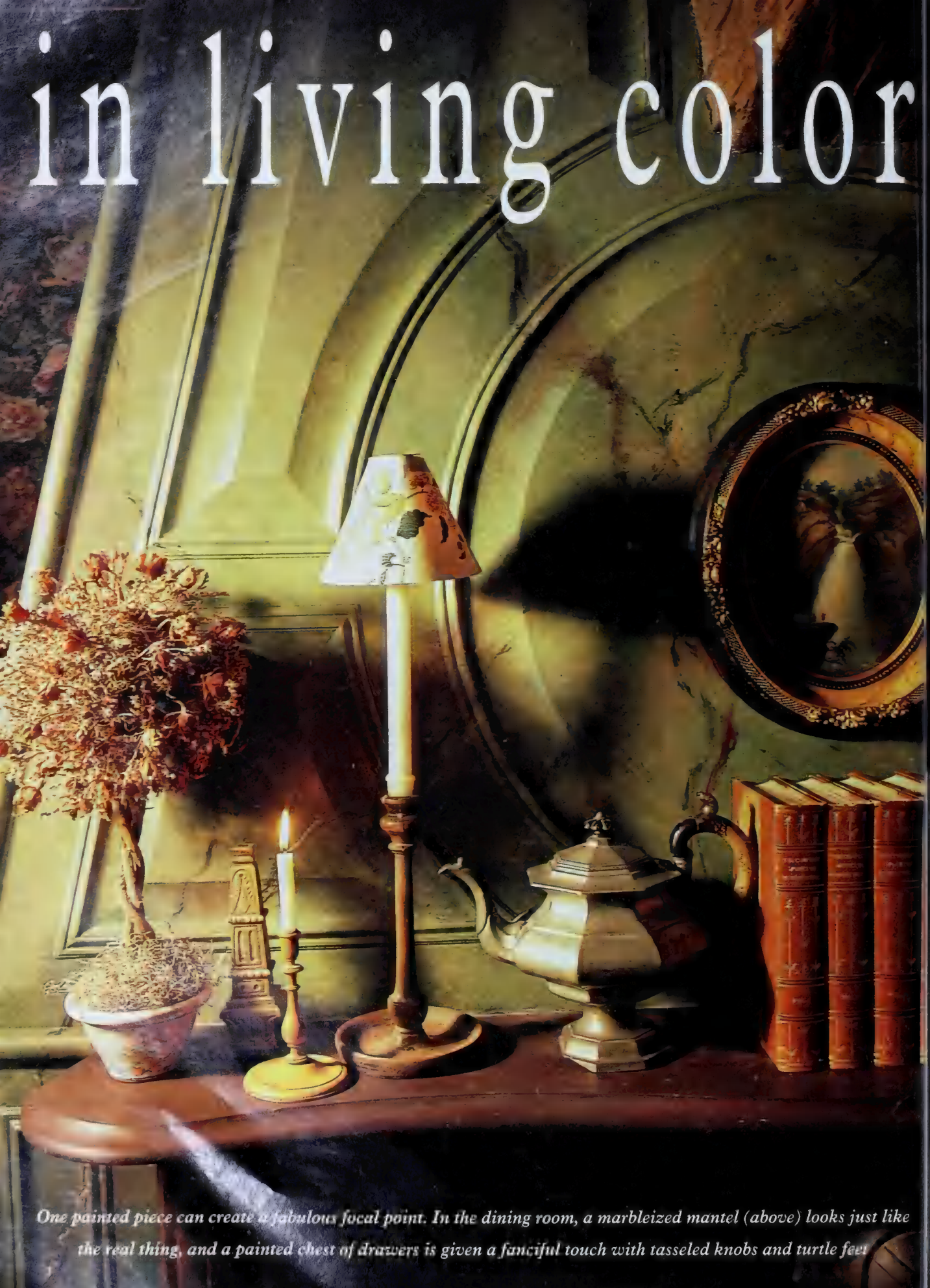
- **Monistat 7 is the cure most recommended by doctors.**
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Available in cream and suppositories.

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in living color



One painted piece can create a fabulous focal point. In the dining room, a marbleized mantel (above) looks just like the real thing, and a painted chest of drawers is given a fanciful touch with tasseled knobs and turtle feet



Victoria and Richard MacKenzie-Childs have filled their enchanting home with colorful hand-painted pieces they design and create. The combination of drama, romance and a taste for the unexpected yields an artistic delight.

By Tamara Schneider
Creative Director

A visit to this home is truly a magical mystery tou

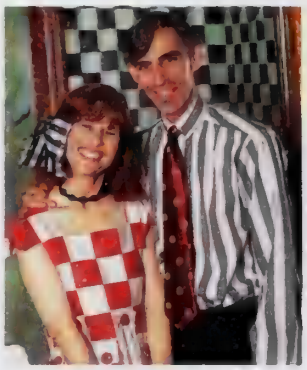





Victoria and Richard MacKenzie-Childs live just outside of Aurora, New York, a quiet community surrounded by rolling hills and farms on the eastern shore of Lake Cayuga. From the outside, the couple's 1810 farmhouse fits in perfectly with the rural scenery. But inside, it's like no country home we've ever seen. *Everything* is hand-painted, from the faux finishes on the furniture to the playful squiggles, polka dots, stripes and checkerboards that adorn the ceilings, floors and even the tableware.

Victoria and Richard, professional artists, credit their unique creativity to formal training (each has a master's degree in fine art), a passion for the theater and a love of sculpture. Their unusual use of color and elaborate, eclectic designs have become their trademark, but it's also the couple's painstaking attention to detail that makes every room in their home wonderfully appealing. At top, a few of their favorite things (from left): An antique cottage bed painted with posies adds instant charm to the guest room; a palette of pastels gives the sun-drenched kitchen even more warmth an old armoire gets reinvented—painte with an array of patterns and outfitted t hold everything, including the kitchen sink a curvy table (discarded by a neighbor, sal vaged by the couple and repainted) is standout in the master bedroom.

NEVER MISSING AN OPPORTUNITY TO BE THEATRICAL, VICTORIA AND RICHARD, IN THEIR TRADEMARK CHECKS AND STRIPES, BLEND



BEAUTIFULLY INTO THE BACKGROUND. THESE TWO COMPLEMENT EACH OTHER IN EVERY WAY

Inspired by their ultracreative decoratin ideas (as well as by the joy the home bring to friends), Victoria and Richard decided t produce a line of furniture and home acces sories in 1983. From teapots to dressers each piece is carefully handcrafted or re stored and whimsically painted. The item are meant to be mixed and matched, eve mismatched—everything is interchangeable

"When we first started painting pottery, says Victoria, "we liked the unusual, but w also wanted to do something that wouldn' go out of style. We envisioned the pieces a treasures to collect and give to others."

The couple's home *is* unusual, with styl to spare. "We love that the house is so muc a part of who we are," says Victoria. "I al ways tell people that as long as you kee your heart in whatever you do, you'll fee rewarded . . . and we do."

Photos, David Frazier. Flowers by Calyx & Corolla. For accessory information, contact MacKenzie-Childs, Ltd., Aurora, NY; 315-364-7123.



The dining room is a marvelous mix of patterns and colors. The black-and-white checks on the ceiling are picked up by the tabletop and the dinnerware; a floral centerpiece echoes the blooms on the walls; and in a most surprising bit of whimsy, a miniature train shuttles bites around the table.

If you're not marinating with Lawry's, you're missing something.



Sweet, juicy pineapple. Grown in the lush climates of the South Pacific islands. Picked at the peak of ripeness. Ingeniously blended with exotic flavors from the Far East to create an unforgettable teriyaki marinade. Superb with meat, poultry and fish. Tempting flavors also await your discovery in our Lemon Pepper Marinade with Lemon Juice. Lawry's. One taste and you'll know what you've been missing.



Lawry's® Teriyaki Marinade with Pineapple Juice. The difference is delicious.

FOOD JOURNAL



You're invited

to perfect June parties that swing to the carefree rhythms of summer. Whether you're celebrating dads, grads or just great friends, it's the company and the food that make it special. By Jan Turner Hazard, Food Editor

Photo, Jerry Simpson; prop stylist, Jeffrey Miller; food stylist, Dora Jonassen.

"When things get hot, this is how I always help my family keep its cool...



PASTA PRIMAVERA

Prep time: 20 minutes plus refrigerating

- ½ cup **MIRACLE WHIP** Salad Dressing
- ½ cup **KRAFT** House Italian Dressing
- ½ teaspoon Italian seasoning
- 3 cups cut up fresh vegetables
- 2 cups (5½ ounces) rotini, cooked, drained
- 4 ounces provolone cheese, cubed

Mix dressings and seasoning in large bowl. Add remaining ingredients; mix lightly. Refrigerate. Makes 6 servings.



Get cooking with MIRACLE WHIP®

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and now, I've discovered something new to get them heated up."

–MARTHA HINES
Client de, Illinois

MARINATED ITALIAN GARLIC CHICKEN

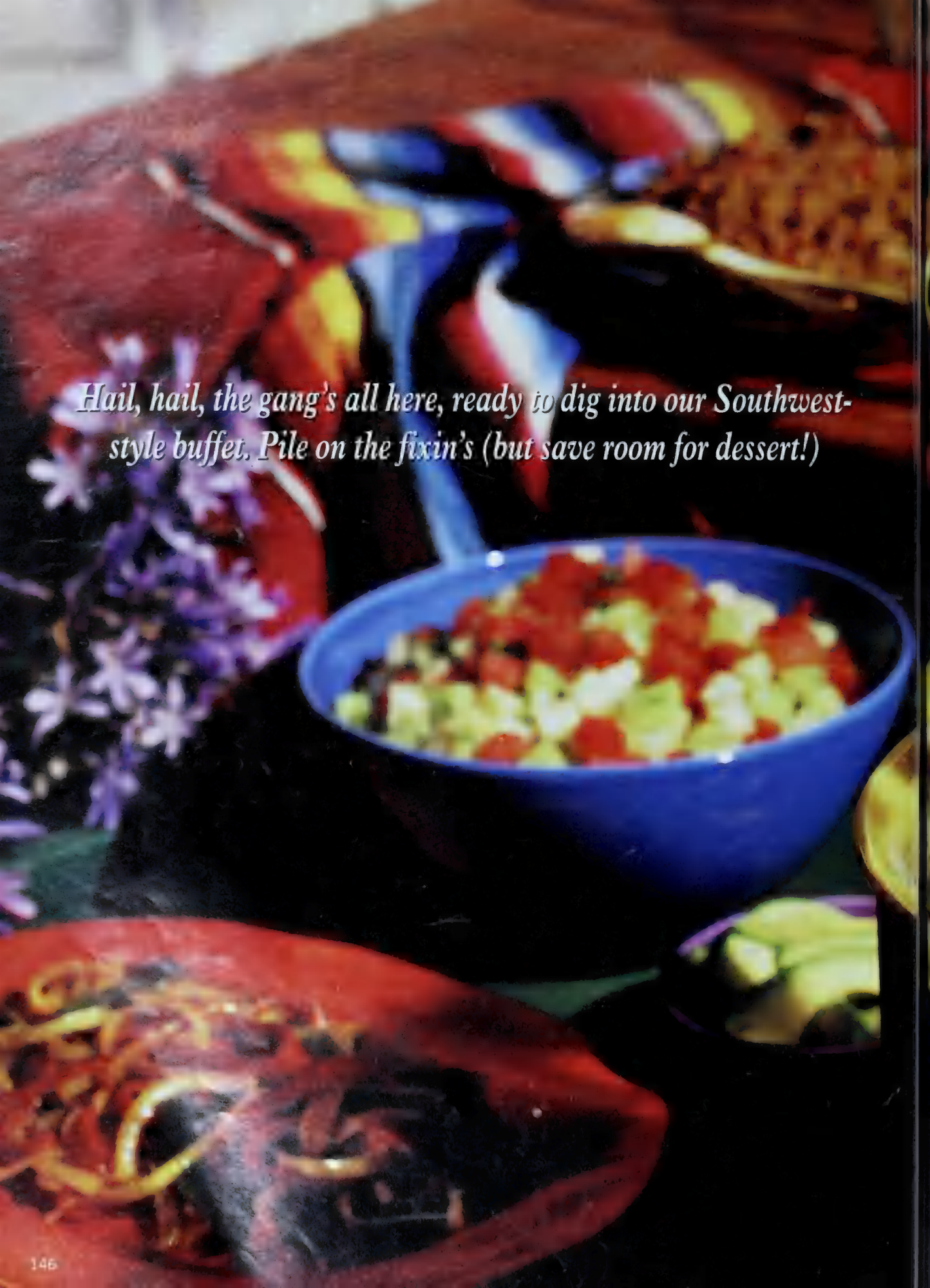
Prep time: 5 minutes plus refrigerating
Cooking time: 24 minutes

- ½ cup **MIRACLE WHIP** Salad Dressing
- ½ cup **KRAFT** House Italian Dressing
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground red pepper
- 4 chicken breast halves (about 2 pounds), skin removed, if desired

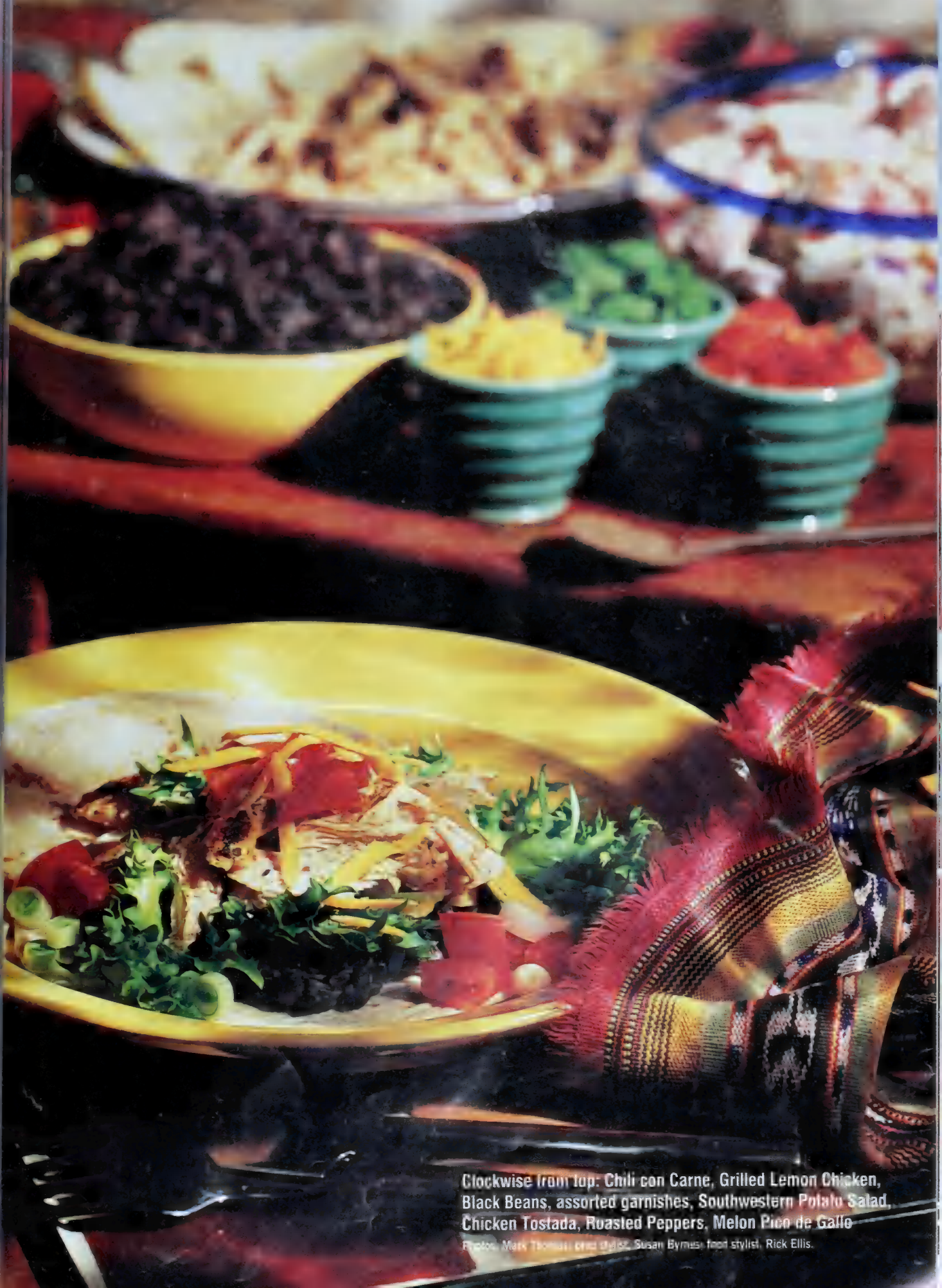
Mix dressings and seasonings. Pour dressing mixture over chicken. Cover; refrigerate 20 minutes. Drain. Place chicken on grill over medium-hot coals (coals will have slight glow) or greased rack of broiler pan. Grill or broil for 10 to 12 minutes on each side or until tender. Makes 4 servings.

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Hail, hail, the gang's all here, ready to dig into our Southwest-style buffet. Pile on the fixin's (but save room for dessert!)



Clockwise from top: Chili con Carne, Grilled Lemon Chicken, Black Beans, assorted garnishes, Southwestern Potato Salad, Chicken Tostada, Roasted Peppers, Melon Pico de Gallo

Photos: Mark Thomas; prop stylist: Susan Byrnes; food stylist: Rick Ellis.



Come for lunch! The fare is casual, light and cool as a breeze. Isn't this the way a summer afternoon should be?



Clockwise from top: Rice Salad with Mint, Seafood with Ginger-Lime Dressing

○ Easy ◒ Moderate ● Challenging Ⓜ Microwave ▼ Low-fat ▽ Low-calorie

The Gang's All Here!

Buffet Menu for Twelve

Rum Freeze
Tostada Bar with assorted toppers:
Black Beans, Roasted Peppers,
Grilled Lemon Chicken,
Chili con Carne
Southwestern Potato Salad
Melon Pico de Gallo
Toffee Ice-Cream Layer Cake with
Hot Fudge Sauce

RUM FREEZE



When whipping up this tropical treat, use a good-quality, robust dark rum to stand up to the pineapple juice.
Prep time: 20 minutes plus cooling ▼○

Mint Syrup
- 2 cups sugar
- 2 cups water
- 2 cups loosely packed mint sprigs

6 cups pineapple juice, divided
1 1/2 cups fresh lemon juice, divided
1 1/2 cups dark rum, divided
Ice cubes
Mint sprigs, for garnish

Mint Syrup: Combine sugar and water in medium saucepan and bring to boil; reduce heat and simmer 5 minutes. Remove from heat and stir in mint. Cover and cool to room temperature. Strain, discarding mint. Cool completely. *(Can be made ahead. Cover and refrigerate up to 1 week.)* Makes about 3 cups.

Make 3 drinks at a time: Combine 1 cup pineapple juice, 1/2 cup mint syrup, 1/4 cup lemon juice and 1/4 cup rum in blender. With machine on, add 3 cups ice cubes one at a time through hole in top; blend until smooth. Garnish each drink with mint and serve immediately. Repeat in batches. Makes 18 servings.

Per 1 1/2-cup serving		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	1 mg	2,400 mg or less
Carbohydrates	35 mg	250 g or more
Protein	0 g	55 g to 90 g

TOSTADA BAR

This south-of-the-border feast can be tailored to feed a crowd of any size. You provide the fixin's, and each guest piles on the tasty toppers—black beans, roasted peppers, grilled lemon chicken and chili con carne. A boon to the hostess: Everything can be prepared ahead of time, except heating the tortillas.

2 dozen flour tortillas
Assorted toppers (recipes follow)
12 cups assorted greens (watercress, romaine, curly endive)

Garnishes
- 3 ripe avocados, sliced
- 1 bunch green onions, sliced
- 6 plum tomatoes, diced
- 1 bunch chopped cilantro
- 2 cups shredded Monterey jack cheese
- 2 cups shredded sharp Cheddar cheese
- Lime wedges
- 1 pint sour cream or reduced-fat sour cream

Just before serving, grill tortillas until crisp and lightly browned, 1 minute per side. Stack tortillas, wrap and keep warm.

Place each topper in warm serving bowl. Arrange greens in large salad bowl and garnishes in serving bowls.

For each tostada, spoon scant 1/4 cup black beans on each tortilla. Top with 1/3 cup Roasted Peppers, Grilled Chicken or Chili, and 1/2 cup greens. Serve with garnishes, Melon Pico de Gallo and Southwestern Potato Salad. Makes 12 servings.

Per 1 chicken Tostada w/ 1 T. each garnish		Daily goal
Calories	375	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	52 mg	300 mg or less
Sodium	580 mg	2,400 mg or less
Carbohydrates	41 mg	250 g or more
Protein	26 g	55 g to 90 g

BLACK BEANS

BUDGET RECIPE OF THE MONTH

Prep time: 20 minutes plus soaking and standing ▼▽○Ⓜ
Cooking time: 1 3/4 hours

2 pounds dried black beans, sorted and rinsed
Water
2 large onions, chopped
1 bay leaf
4 teaspoons cumin
2 teaspoons salt
2 tablespoons vegetable oil
1 tablespoon minced garlic

Soak beans in large saucepot, in enough water to cover by 2 inches, 8 hours or overnight. *(To quick-soak:* Combine beans with water to cover by 2 inches and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain and rinse under cold water. Return to clean saucepot and add 12 cups water, onions, bay leaf and cumin. Bring to boil, reduce heat and simmer until tender, 1 1/2 hours. Remove from heat; stir in salt. Cover; let stand 30 minutes. Drain beans, reserving 2 cups liquid. Discard bay leaf.

Heat oil in large saucepot over medium high heat. Add garlic and cook 30 seconds. Add drained beans, mashing coarsely with potato masher or back of large spoon. Stir in reserved bean liquid, reduce heat and simmer 5 minutes. *(Can be made ahead. Cool. Transfer to 3-quart microwaveproof bowl. Cover and refrigerate up to 24 hours. Microwave covered at High 15 minutes, stirring every 3 minutes until hot.)* Makes 10 3/4 cups.

Per 1/4-cup serving		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	104 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	5 g	55 g to 90 g

ROASTED PEPPERS

Prep time: 30 minutes plus cooling
Cooking time: 15 minutes ▼▽○

2 red peppers
2 green peppers
2 yellow peppers
1 tablespoon olive oil
2 cups sliced onions
3/4 teaspoon salt
1/2 teaspoon freshly ground pepper

Preheat broiler. Arrange peppers on broiler pan. Broil 3 inches from heat source 20 to 25 minutes, turning every 5 minutes, until evenly blackened and blistered. Cover and cool; peel off skin. Halve peppers, discarding membranes and seeds. Cut into 1/2-inch-thick strips.

Heat oil in large skillet over medium heat. Add onions and cook until golden brown, 10 minutes. Stir in peppers, salt and ground pepper; cook until heated through. *(Can be made ahead. Cool. Transfer to 1-quart microwaveproof bowl. Cover and refrigerate up to 24 hours. Microwave covered on High 5 minutes, stirring once halfway through, until hot.)* Makes 4 cups.

Per 1/3-cup serving		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	139 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	1 g	55 g to 90 g

GRILLED LEMON CHICKEN

Prep time: 15 minutes plus marinating
Cooking time: 12 to 14 minutes ▽○

1/3 cup fresh lemon juice
2 tablespoons olive oil
1 tablespoon minced garlic
1 1/2 teaspoons grated lemon peel
1 1/2 teaspoons cumin
3/4 teaspoon oregano, crushed
1/2 teaspoon freshly ground pepper
6 whole boneless, skinless chicken breasts, split (about 3 lb.)
1 1/2 teaspoons salt

Combine first 7 ingredients in medium bowl; whisk until blended. Place chicken in shallow nonaluminum dish with marinade, tossing to coat. Cover and *(continued)*

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rigerate 1 hour or up to 24 hours, turning cken occasionally.

Prepare grill. Remove chicken from rinade and sprinkle both sides with salt. ill over medium coals 5 inches from at 12 to 14 minutes, turning every 3 to 4 nutes, until just opaque in center. ansfer to plate and cool 10 minutes. Cut shred into 1/2-inch-thick strips. *(Can be ade ahead. Cool completely. Transfer to quart microwaveproof bowl. Cover and rigerate up to 24 hours. To serve, cover nd microwave on High 6 minutes, stirring ery 2 minutes, or until just heated ough.)* Makes 8 1/2 cups.

1/3-cup serving		Daily goal
ories	70	2,000 (F), 2,500 (M)
l fat	2 g	60 g or less (F); 70 g or less (M)
rated fat	0 g	20 g or less (F); 23 g or less (M)
lesterol	32 mg	300 mg or less
ium	167 mg	2,400 mg or less
ohydrates	0 mg	250 g or more
ein	13 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

Perfect grilled chicken

For moist, evenly browned grilled chicken, cook over a medium fire. In a charcoal grill, this means that the coals should be covered with a layer of white ash and the grill rack should be at least 5 inches from the coals.

Turn the chicken every 3 to 4 minutes. Boneless cuts cook in less than half the time of bone-in pieces, so pay attention: Even a minute or two can mean the difference between moist, succulent chicken and dry, charred chicken.

If a recipe calls for basting, you'll get the best results by basting each piece just before you turn it. If the sauce contains a lot of sugar, grill the meat for half the cooking time before basting.

CHILI CON CARNE

FASTEST RECIPE OF THE MONTH

Prep time: 7 minutes ○Ⓜ
Cooking time: 30 minutes

tablespoon vegetable oil
cups finely chopped onions
tablespoons minced garlic
/4 cup chili powder
tablespoons cumin
teaspoons salt
/2 teaspoon freshly ground pepper
/4 to 1/2 teaspoon ground red pepper
pounds lean ground beef
can (28 oz.) tomatoes, coarsely chopped
/4 cup chopped fresh cilantro

eat oil in large skillet over medium heat. dd onions and cook until translucent, 3 minutes. Add garlic; cook 30 seconds. Stir in chili powder, cumin, salt and peppers; cook 1 minute. Increase heat to medium-high. Add beef; cook, stirring, until meat is no longer pink, 5 minutes. Stir in tomatoes; simmer 20 minutes. *(Can be made ahead. Cool. Transfer to 2 1/2-quart microwaveproof bowl. Cover and refrigerate up to 24 hours. Microwave covered on High 12 minutes, stirring every 3 minutes, or until hot.)* Stir in cilantro. Makes 8 cups.

Per 1/3-cup serving		Daily goal
Calories	175	2,000 (F), 2,500 (M)
Total fat	13 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	43 mg	300 mg or less
Sodium	290 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	11 g	55 g to 90 g

SOUTHWESTERN POTATO SALAD

FOOD EDITOR'S CHOICE *In this salad, the warm potatoes are tossed with cumin, chilies and oil. Yogurt and sour cream added just before serving make it creamy, too.*

Prep time: 20 minutes plus cooling ○
Cooking time: 20 minutes

5 pounds small new potatoes
3 tablespoons olive oil
2 teaspoons cumin seeds
1 tablespoon minced garlic
1 tablespoon minced jalapeño chilies
1/3 cup fresh lime juice
1 teaspoon grated lime peel
1/2 cup finely chopped red onion
1 container (8 oz.) plain low-fat yogurt
1/2 cup sour cream
2 teaspoons salt
1/2 teaspoon freshly ground pepper

Combine potatoes and salted water to cover in large saucepot. Bring to boil and cook potatoes until tender when pierced, 15 minutes. Drain in colander 15 minutes.

Meanwhile, heat oil in small saucepan over medium heat. Add cumin seeds and cook until fragrant, 30 seconds. Remove from heat and stir in garlic and chilies. Whisk in lime juice and peel. Transfer dressing to large bowl.

While potatoes are warm, slice 1/2-inch thick and add to dressing in bowl, tossing to blend. Cool completely. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Stir onion, yogurt, sour cream, salt and pepper in small bowl. Stir into potatoes. Cover and refrigerate up to 4 hours. Makes 12 cups.

Per cup		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	401 mg	2,400 mg or less
Carbohydrates	37 mg	250 g or more
Protein	5 g	55 g to 90 g

MELON PICO DE GALLO

Honeydew melon and watermelon transform the traditional tomato salsa into a refreshing fruit salad.

Total prep time: 25 minutes ▼▽○

1/2 cup fresh lemon juice
1/4 cup chopped fresh cilantro *(continued)*

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ROSEMARY CHICKEN

3 1/2 to 4-pound whole chicken
3 tablespoons Kikkoman Soy Sauce
2 tablespoons lemon juice
2 tablespoons olive oil
2 teaspoons dried rosemary, crumbled
2 cloves garlic, pressed
1 lemon, cut in half

Remove and discard giblets and neck from chicken. Rinse chicken under cold running water, drain well and pat dry. Place chicken, breast side up, on rack in shallow roasting pan. Blend soy sauce, lemon juice, oil, rosemary and garlic. Brush chicken cavity and skin thoroughly with mixture, then place lemon halves in cavity. Roast at 350°F 1 hour and 45 minutes, or until meat thermometer inserted into thickest part of thigh registers 185°. Brush with soy-lemon mixture every 30 minutes. Remove chicken from oven and let stand 10 minutes before carving. Makes 4 to 6 servings.



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continued

1/4 cup honey
2 teaspoons minced jalapeño chile
6 cups diced jicama
8 cups diced, seeded watermelon
8 cups diced honeydew melon

Whisk lemon juice, cilantro, honey and chile to blend in large bowl. *(Can be made ahead. Cover and refrigerate up to 2 hours.)* Just before serving, add remaining ingredients and toss to coat. Makes 20 cups.

Per cup		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	11 mg	2,400 mg or less
Carbohydrates	18 mg	250 g or more
Protein	1 g	55 g to 90 g

TOFFEE ICE-CREAM LAYER CAKE



INDULGENT BUT WORTH IT

This spectacular frozen dessert boasts a trio of ice creams layered with crushed candy. Because premium ice creams are denser than store brands, they give the cake greater height. See page 158 for more hints.

Prep time: 30 minutes plus freezing
Baking time: 10 minutes O

Crust
1 cup (20 cookies) chocolate-wafer crumbs
1/2 teaspoon cinnamon
2 tablespoons butter or margarine, melted

1 quart premium coffee ice cream
3 bars (1.4 oz. each) chocolate-covered toffee candy, crushed, or 1 bag (6 oz.) chocolate-covered toffee candy bits
1 quart premium chocolate ice cream
12 chocolate wafer cookies, broken up
1 quart premium vanilla ice cream

Crust: Preheat oven to 350°F. Combine cookie crumbs and cinnamon in small bowl. Gradually stir in butter until crumbs are evenly moistened. Press into bottom of 9-inch springform pan. Bake 10 minutes. Cool completely on wire rack.

Soften coffee ice cream slightly. Quickly spread onto crust and sprinkle with 2/3 cup toffee candy. Freeze until firm, 1 hour.

Soften chocolate ice cream slightly; spread onto coffee layer and sprinkle top with broken chocolate wafers. Freeze 1 hour. Soften vanilla ice cream slightly; spread on top and sprinkle with remaining toffee candy. Cover top and freeze overnight. *(Can be made ahead. Wrap well and freeze up to 1 week.)*

Unwrap cake and refrigerate 20 minutes. Remove side of pan. Serve with Hot Fudge Sauce (recipe follows). Makes 12 servings.

Per serving		Daily goal
Calories	505	2,000 (F), 2,500 (M)
Total fat	34 g	60 g or less (F); 70 g or less (M)
Saturated fat	16 g	20 g or less (F); 23 g or less (M)
Cholesterol	93 mg	300 mg or less
Sodium	262 mg	2,400 mg or less
Carbohydrates	47 mg	250 g or more
Protein	5 g	55 g to 90 g

HOT FUDGE SAUCE

Total prep time: 6 minutes O M

4 squares (4 oz.) unsweetened chocolate, coarsely chopped
2/3 cup heavy or whipping cream
2/3 cup sugar
2 tablespoons butter or margarine
1 teaspoon vanilla extract

Combine chocolate and cream in 1-quart microwaveproof bowl. Microwave on High 1 1/2 minutes. Stir until chocolate is completely melted. Stir in sugar. Microwave 1 minute more. Stir to dissolve sugar, then stir in butter and vanilla until smooth. Serve warm. *(Can be made ahead. Cool. Cover and refrigerate up to 3 days. Microwave on High 1 1/2 to 2 minutes, stirring after 1 minute, until warm and smooth.)* Makes 1 2/3 cups.

Per tablespoon		Daily goal
Calories	70	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	11 mg	300 mg or less
Sodium	12 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	1 g	55 g to 90 g

Recipes developed by Carol Prager.

Come for Lunch

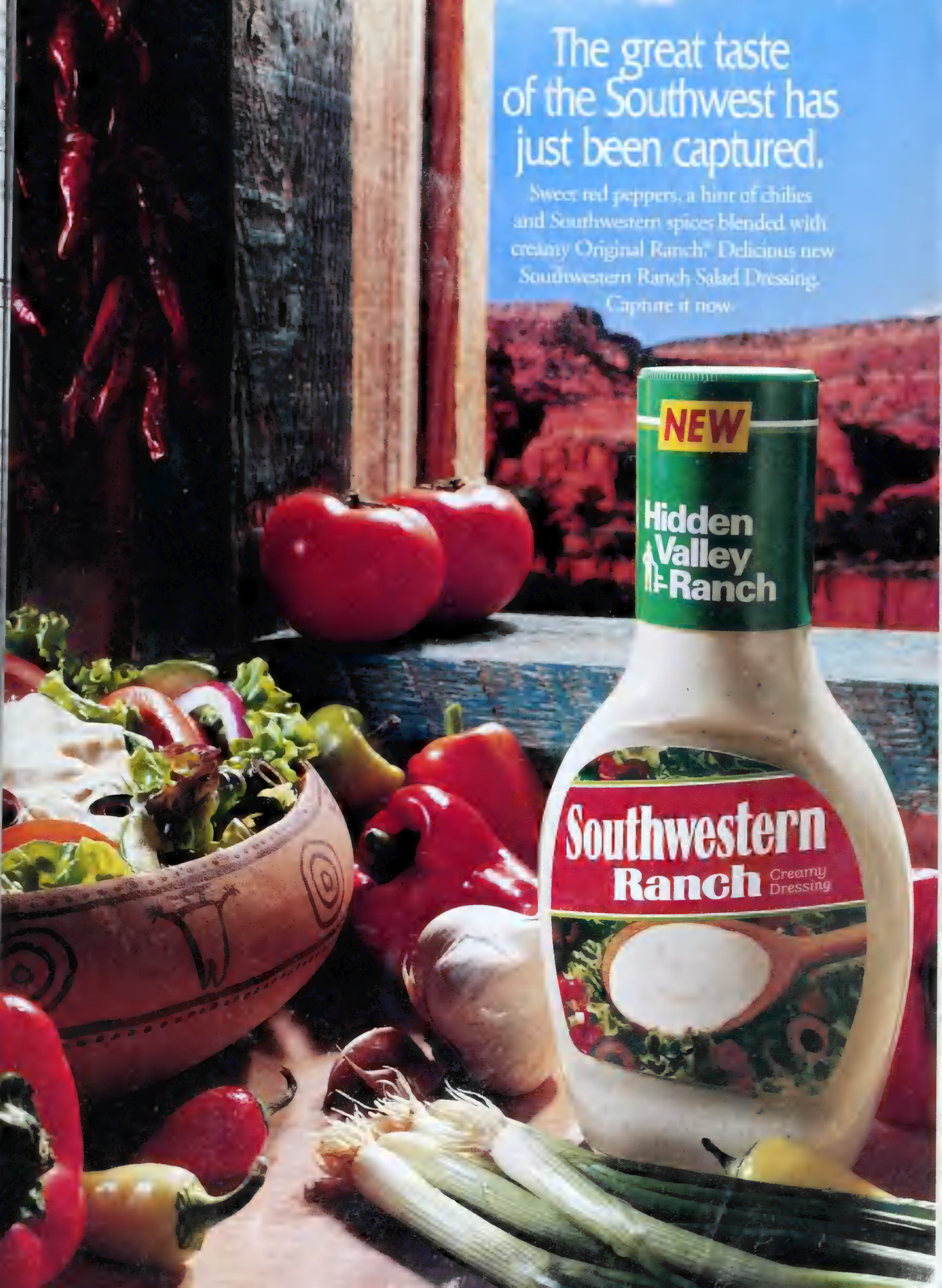
Menu for Six

Chilled Carrot Soup with Tarragon
Seafood with Ginger-Lime Dressing
Rice Salad with Mint
Strawberry-Pineapple Compote
Coconut Shortbread
Fresh lemonade (no recipe)

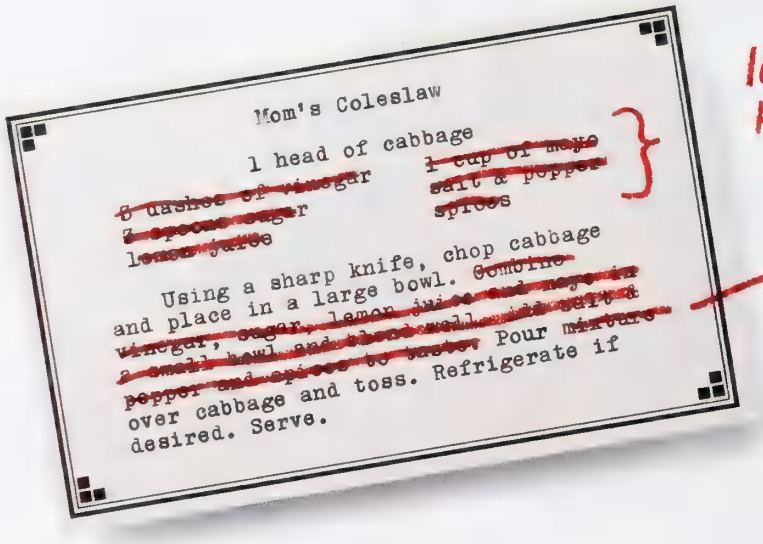
CHILLED CARROT SOUP WITH TARRAGON



Cold soup on a summer's day couldn't be simpler or more elegant. *(continued)*


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1 cup Hidden Valley Ranch Coleslaw Dressing

dressing

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Is your cabbage lonely?

Although coleslaw made with plain cabbage is very tasty, there are lots of ways to give your slaw some personality. Experiment by adding other vegetables, like grated carrots or zucchini, chopped celery, seeded and chopped cucumber or tomato, sliced radishes, or green beans. Or add some fruit, like grated apples, orange wedges, pineapple dried apricots, raisins or dates. ¶ Som

New Coleslaw Dressing from Hidden Valley Ranch. It makes rich, creamy coleslaw deliciously easy. Just pour it over sliced cabbage and toss. So easy. For a change of pace, add shredded carrots. Or raisins. Or red cabbage for color. Or all of the above. It's easy to give coleslaw your special touch with our new Coleslaw Dressing.



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Unlike green salads, which don't last long once the dressing has been added, coleslaw can be made ahead of time. In fact, many people think it tastes even better the second day.

other things you might try are dill pickle, minced green onion or parsley, chopped fresh mint, chopped walnuts, slivered almonds, salted peanuts, sunflower seeds, poppy seeds, or caraway seeds. ¶ You can even turn your slaw into a main course with the addition of cottage cheese and julienne strips of cheddar cheese and turkey breast lunch meat. ¶ Or eliminate the cabbage entirely and make your slaw from grated cauliflower or thinly sliced green, red and yellow peppers.

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Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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the supermarket diet

This is the best diet program ever: Imagine being able to eat your favorite foods, without cooking or weighing a thing, and losing *at least* two pounds a week—all for half the price of nationally advertised diet programs. Too good to be true? Read on

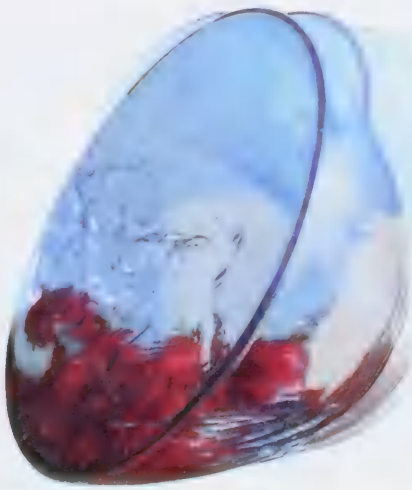
The most popular diets these days are weight-loss programs that require you to pay a hefty membership fee that allows you the privilege of buying their food and diet shakes. Well, we decided there had to be a better way. We asked registered dietitian and LHJ contributing editor Mona Boyd Browne to develop a nutritious diet that anyone could follow, using the easiest foods imaginable—frozen low-cal entrées, Slim-Fast shakes, no-cook cereals, salads and fruits, and diet desserts—all from the local supermarket. Browne mapped out a two-week menu plan based on 1,200 to 1,400 calories a day for women, 1,500 to 1,900 for men; and less than 30 percent of calories a day from fat (no more than 40 grams of fat a day). She selected a variety of frozen entrées for lunch and dinner. To qualify, each entrée had to have 300 calories or less, 10 grams of fat or less, and no more than 800 milligrams of sodium. Breakfast was built around a starch—bread or cereal—plus a dairy product and fruit. An Advanced High Fiber Formula Slim-Fast shake was an option for breakfast or lunch four times a week (two a week for breakfast, two for lunch) for the ultimate in convenience. Why a two-week diet? "It's a perfect time frame," says Browne, "short enough so you see an end in sight but long enough to lose a good amount of weight and get motivated to reach your weight-loss goal."



Browne tested the diet out on four volunteers who were enthusiastic about losing weight and committed to regular exercise. Our testers lost between four and ten pounds each. They look terrific, and most important, they learned the basics of healthy eating. (Note: Browne recommends taking a daily multivitamin/mineral supplement that meets 100 percent of USRDA and checking with your doctor before beginning this or any other diet program.)



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AT LEFT, FAVORITES AMONG OUR DIETERS, WEIGHT WATCHERS CHICKEN FAJITAS, SARA LEE LIGHT STRAWBERRY FRENCH CHEESECAKE. RIGHT, OUR TWO BEST LOSERS: DONNA ORTIZ (LEFT) AND SHANA ABORN





According to Browne, an essential part of diet success is keeping a diary. "A diary makes it easier to stick to the program because you're forced to record what you ate, when, how much and how you felt about the meal. It's a way to understand and get control over your eating habits," she says. Here, excerpts from our dieters' diaries.

DIET CHAMP DONNA ORTIZ

"This diet really worked for me," says Donna. "I lost ten pounds, a great amount for just two weeks. I'll definitely continue this diet; I want to lose ten more pounds. Overall, most of the food was good and didn't leave me hungry."

Donna did hit a few trouble spots along the way, but her willpower persevered. On day ten she wrote, "My mother is cooking roast chicken and stuffing, and it smells so good. I have to have it. But I've been good so far—I'm losing weight and it *is* noticeable. I'll eat the Ultra Slim-Fast Pasta Primavera and pretend it's chicken . . . [Later] Well, it's not roast chicken, but it tastes pretty good."

Donna opted for Slim-Fast shakes four times a week, and for the most part, she wasn't hungry afterward. She did discover, however, that saving something from breakfast or lunch—a piece of fruit or a yogurt—to eat later in the day makes it a lot easier to avoid snacking between meals, her weakness. She also found a slew of new diet foods she really liked. Her favorites: bagels with applesauce topping, Ultra Slim-Fast Mesquite Chicken, Swiss Miss Light Pudding, Weight Watchers Homestyle Chicken & Noodles, Budget Gourmet Light and Healthy Pot Roast, Ultra Slim-Fast Chocolate Shake and Weight Watchers Chocolate Dip Bar.

SECOND-PLACE WINNER SHANA ABORN

"I lost six pounds in a remarkably short period of time, even with the cheating I did on several of the days," says Shana. "In addition, I found frozen meals that I'd buy again, and I have a better idea now of the portion sizes that comprise a balanced meal."

Shana, who decided against the Slim-Fast shake meals, vowed to resist cheating on day one: "I stopped at the market tonight to pick up some of the diet ingredients, and the sight of all that food made me feel terribly deprived; I was starving and could have eaten anything right off the shelves. Note to dieters: Buy supplies on a full stomach."

Shana admits her downfall tends to be sweets, but on day eleven she made a great discovery: "I loved the baked apple dessert I made—I sneaked on a tablespoonful of sugar and some allspice, and sliced the apple before I baked it. It was as good as apple pie without the crust—a great no-fat dessert." But that wasn't the only dieting trick she found. "I *(continued)*

Failproof diet tips

Mona Browne says the best way to stick to this diet is to learn behavior modification—specifically, how to deal with the psychological forces that deflate your willpower.

■ *SET REALISTIC GOALS Aiming for an impossibly low weight dooms you to defeat. The best diets are designed for you to make steady progress. There's no such thing as a quick fix for long-term weight loss.*

■ *KEEP A DAILY DIARY It's easy to underestimate how much you eat and exaggerate how much exercise you get. A diary that lists everything, including how you feel when you eat, can help you pinpoint what, when and where you eat—and why.*

■ *KEEP A WEIGHT GRAPH Weigh yourself regularly (once a week is best) on the same scale at the same time of day. Record your progress on a graph that's posted in a visible area. Charting weight loss is the best diet motivator.*

■ *DIET WITH A* *(continued)*

BREAKFAST CEREAL CHOICES

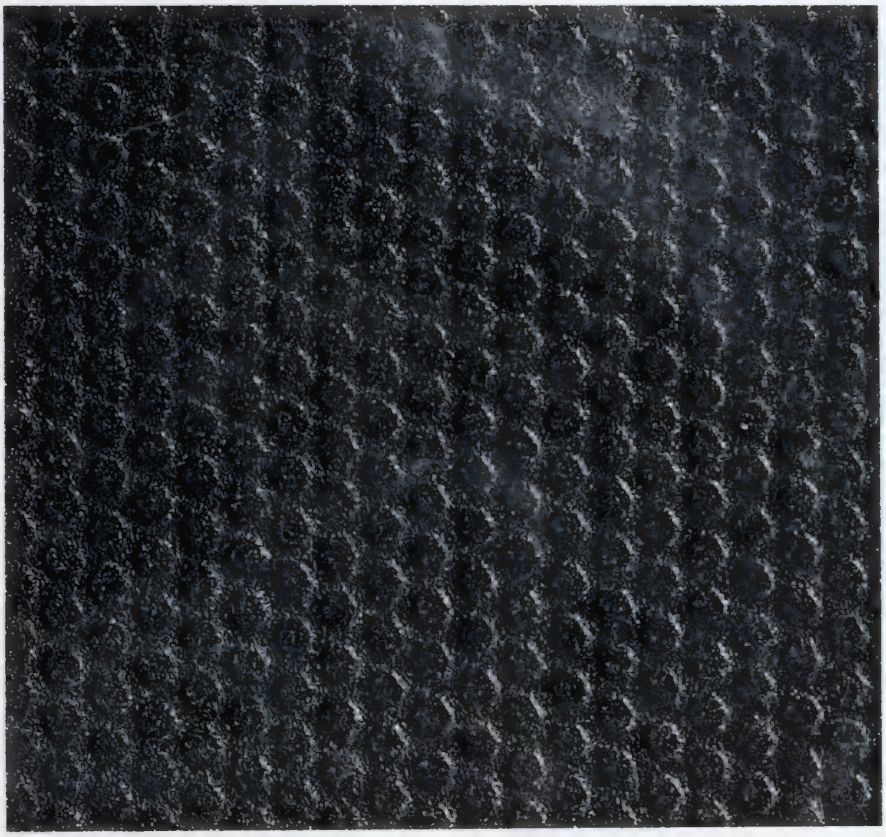
*For 1,200- to 1,400-calorie plan. Double the serving for the 1,500- to 1,900-calorie plan.

cereal	serving size*	manufacturer
ALL BRAN	1/2 cup	Kellogg's
BRAN FLAKES	2/3 cup	Kellogg's
CHEERIOS	1 cup	General Mills
COMMON SENSE OAT BRAN	1/2 cup	Kellogg's
CORN FLAKES	3/4 cup	Kellogg's
CRISPIX	3/4 cup	Kellogg's
RAISIN BRAN	1/2 cup	Kellogg's
TOTAL	3/4 cup	General Mills
TOTAL CORN FLAKES	3/4 cup	General Mills
TOTAL RAISIN BRAN	1/2 cup	General Mills
WHEATIES	3/4 cup	General Mills

To make our cookware last longer, we put hundreds of holes in it.

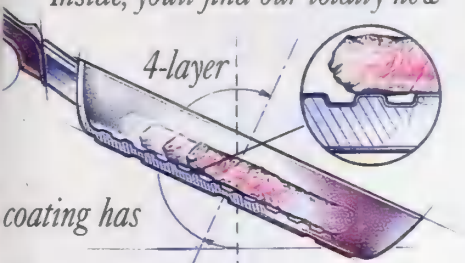
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The Inside Story

Inside, you'll find our totally new 4-layer coating has a unique honeycomb texture. It helps reduce the continued abrasion caused by contact with kitchen tools like spatulas and spoons.



Which results in cookware with 35% higher scratch resistance for virtually trouble-free cleanups.

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Outside, the new Resistal porcelain enamel tri-layer base also features something extremely unique: exclusive heat expansion channels. The result: the Resistal base is up to twice as resistant to warping as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

Given all our new Resistal technology has to offer, it's not surprising that a company like T-Fal has become the leading brand of non-stick cookware.

And that's something nobody in the world can poke holes in.



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(continued) learned that rice wine vinegar is a great dressing (and that a tablespoon easily covers a cup of greens). I'm not a vinegar eater—I have oil and vinegar only as a last resort—but this was milder and sweeter. Wonderful! A definite find for post-diet days. I also learned the virtues of pineapple and graham crackers, plus some packaged diet desserts that may just break me of my Ben & Jerry's addiction."

Shana's favorites: cinnamon-raisin bagel with applesauce topping, Swiss Miss Light Chocolate Pudding Snack, Budget Gourmet Light and Healthy Pot Roast, Dole Sorbet, Healthy Choice Sole au Gratin, Simple Pleasures Toffee Crunch, Budget Gourmet Light and Healthy Lasagna, Tombstone Light Vegetable Pizza.

ELLIOT AND SHARI GLUSKIN'S TEAM EFFORT

Because dieting with a family member or a friend helps keep you motivated, Browne chose a married couple to test the diet, too. Elliot and Shari each lost four pounds and attributed much of their success to each other. "I was definitely more motivated to lose weight because my husband did it with me," says Shari. "Plus," she says, "the diet was very effective. I was never hungry; I liked the wide variety of food, most of which tasted good and satisfied my sweet tooth, which has ruined past diets." Shari particularly liked the diet frozen desserts, adding "they're great to have on hand for children." Shari's favorites: Simple Pleasures Light chocolate dessert, Le Menu Healthy Glazed Chicken, Dole Mandarin Sorbet, Lean Cuisine Zucchini Lasagna, Healthy Choice Sole au Gratin, Lean Cuisine Vegetable Lasagna, Weight Watchers Baked Cheese Ravioli and Sara Lee Light Cheesecake (which, says Shari, is creamy, sweet and just as good frozen).

A SATISFYING WAKE-ME-UP: LENDER'S CINNAMON-RAISIN BAGEL WITH LIGHT PHILADELPHIA BRAND CREAM CHEESE, YOPLAIT LIGHT STRAWBERRY YOGURT, COFFEE

Although Elliot admits he felt a bit weak after day one (both he and his wife did opt for the Slim-Fast shake meals), he soon adjusted to the portion sizes and was thrilled to lose three pounds in four days. Two days later, though, he cheated. He wrote: "I went out to dinner and ate crudités with blue-cheese dressing, salad greens with house dressing, grilled salmon over noodles, two beers . . . I know, SHOOT ME! I was very disappointed in myself. A hard lesson learned about cheating that destroyed me the rest of the night."

He perked up the next day, though: "I've noticed a few things about myself during this diet. First, my body feels better, like it's much calmer. Second, I don't feel tired at the end of the day like I used to. Third, I've acquired a taste for skim milk. Overall, I've felt very good in both body and spirit during this diet."

Elliot's favorites: Ultra Slim-Fast Mesquite Chicken, Le Menu Healthy Glazed Chicken, Simple Pleasures Toffee Crunch, Budget Gourmet Light and Healthy Lasagna, Lean Cuisine Homestyle Turkey, Tombstone Light Vegetable Pizza. —LINDA FEARS

(continued) FRIEND As the Gluskins discovered, it's a lot easier to diet with someone, especially if you're still cooking non-diet food for the rest of the family.

■ *KNOW YOUR SUPERMARKET To avoid temptation when you shop, learn where the low-fat, low-cal foods are located.*

■ *SAVE WITH COUPONS There are often great money-saving coupons available for frozen diet entrées. Keep your eye out for them.*

■ *DRINK MORE WATER Drinking six to eight glasses of water a day really does curb your appetite and slow down your eating.*

■ *EAT IN ONE PLACE Select a spot at home and at the office where you'll eat, and do all your eating there. Places can be associated with eating, so it's important to limit where you eat.*

■ *IDENTIFY TRIGGERS FOR EATING —a bad day at work, a hectic day with the kids. The food-and-activity diary will help you identify these stressful situations and avoid turning to food to cope.*

■ *GET MOVING! Regular exercise (thirty minutes a day, at least three times a week) burns calories, increases lean muscle mass and metabolism (the rate at which your body burns calories), and decreases body fat.*



DIET MARGARINE CHOICES

product	*serving size*
Diet Mazola	1 tablespoon
Fleischmann's Extra Light Corn Oil Spread	1 tablespoon
Weight Watchers Extra Light Spread	1 tablespoon



Dorothy Hamill

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*Based on National Cholesterol Education Program and National Research Council recommendations. Not an endorsement.



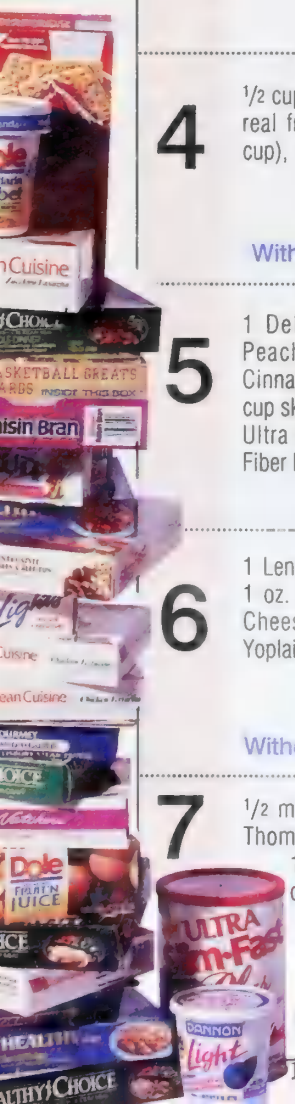
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The two-week diet

ITEMS IN PARENTHESES ARE FOR THE 1,500- TO 1,900-CALORIE PLAN

day	breakfast	lunch	dinner
1	1 Lender's Cinnamon-Raisin Bagel (2), 1/2 cup applesauce (3/4 cup), 1/2 cup orange juice (1 cup)	Ultra Slim-Fast Mesquite Chicken, 1 container Dannon Light Blueberry Yogurt, 1 medium nectarine (2)	Healthy Choice Breast of Turkey Dinner, 1 whole wheat roll (2 rolls with 2 T. diet margarine), 1 Swiss Miss Light Chocolate Pudding Snack
	1,400 calories, 12 g fat, 1,420 mg sodium (1,900 calories, 30 g fat, 2,350 mg sodium)		
2	1/2 cup Total Raisin Bran (1 cup) or 1 serving cereal from chart, 1/2 cup skim milk (1 cup), 16 medium fresh strawberries, **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Weight Watchers Homestyle Chicken & Noodles, 1 medium chopped summer squash, steamed or microwaved (2), 1 medium orange (2), 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 2 Pepperidge Farm Wholesome Choice Apple Oatmeal Tart cookies (3)	Budget Gourmet Light and Healthy Beef Pot Roast Dinner, (2 whole wheat rolls with 2 T. diet margarine), 1 Del Monte Fruit Cup Lite Diced Peaches (2), 4 ounces Simple Pleasures Chocolate Frozen Dairy Dessert
	Without dressing: 1,220 calories, 22 g fat, 1,460 mg sodium (1,800 calories, 40 g fat, 2,900 mg sodium)		
3	1 hard-cooked egg (2), 1 slice whole wheat toast (2), 1 T. diet margarine (2 T.), 3/4 cup seedless grapes	Lean Cuisine Baked Cheese Ravioli, 6 unsalted Premium crackers (12), 2 stalks broccoli, raw or steamed, 2 slices pineapple (3) or 1/2 cup chunks (3/4 cup), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Le Menu Healthy Glazed Chicken, 1 baked sweet potato with 1 T. diet margarine, 3/4 cup green beans, steamed or microwaved (1 cup), 4 ounces Dole Mandarin Sorbet
	1,280 calories, 32 g fat, 1,800 mg sodium (1,550 calories, 53 g fat, 2,300 mg sodium)		
4	1/2 cup All Bran (1 cup) or 1 serving cereal from chart, 1/2 cup skim milk (1 cup), 1 medium banana	Budget Gourmet Light and Healthy Beef Sirloin Salisbury Steak, 1 medium apple (2), 1 container Light 'n Lively 100 Lemon Yogurt	Lean Cuisine Zucchini Lasagna, 1 slice light Italian bread (2 slices) with 1 T. diet margarine (2 T.), 1 cup tossed salad (1 1/2 cups), 1 T. nonfat dressing (2 T.), Weight Watchers Chocolate Dip Bar
	Without dressing: 1,200 calories, 28 g fat, 1,660 mg sodium (1,550 calories, 36 g fat, 2,100 mg sodium)		
5	1 Del Monte Fruit Cup Lite Diced Peaches, 1 package Quaker Instant Cinnamon and Spice Oatmeal (2), 1/2 cup skim milk (1 cup), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Half of 8-inch Tombstone Light Vegetable Pizza (1 whole), 1 medium apple (2), 2 Pepperidge Farm Wholesome Choice Raspberry Tart cookies	Healthy Choice Sole au Gratin Dinner, 2 medium carrots, raw, steamed or microwaved (3), 4 ounces Simple Pleasures Toffee Crunch Frozen Dairy Dessert
	1,210 calories, 24 g fat, 1,520 mg sodium (1,800 calories, 39 g fat, 2,400 mg sodium)		
6	1 Lender's Cinnamon-Raisin Bagel (2), 1 oz. Light Philadelphia Brand Cream Cheese Product (2 oz.), 1 container Yoplait Light Strawberry Yogurt	Budget Gourmet Light and Healthy Cheese Ravioli, 2 medium tomatoes, raw or broiled, 4 wheat breadsticks (8), 1 medium pear (2), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Weight Watchers Chicken Fajitas, 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 2 medium plums, Sara Lee Light Strawberry French Cheesecake
	Without dressing: 1,330 calories, 32 g fat, 2,020 mg sodium (1,800 calories, 43 g fat, 2,650 mg sodium)		
7	1/2 medium grapefruit (1 whole), 1 Thomas' English Muffin, toasted (2), 1 T. diet margarine (2 T.), 1/2 cup orange juice	Healthy Choice Roasted Turkey & Mushrooms in Gravy Entrée, 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 1 medium baked potato with 1 T. diet margarine, 1 container Dannon Light Strawberry-Banana Yogurt	Ultra Slim-Fast Country Style Vegetable & Beef Tips, 1/2 cup cooked rice or couscous (1 cup), 10 stalks asparagus, raw, steamed or microwaved, 1 Dole Peach Passion Fruit Fruit 'n Juice Bar
	Without dressing: 1,250 calories, 22 g fat, 1,880 mg sodium (1,700 calories, 30 g fat, 2,400 mg sodium)		





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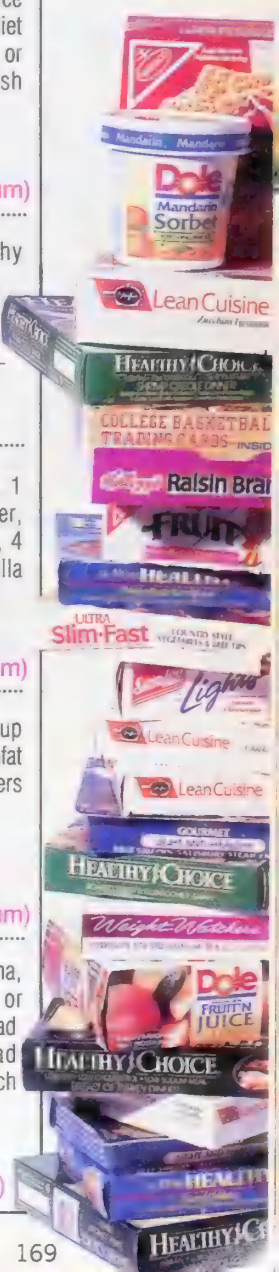
If you need a hand keeping your food fresh, demand the one and only ZIPLOC Freezer Bags.



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he two-week diet

breakfast	lunch	dinner
1 Sara Lee Free & Light Blueberry Muffin (2), 1 T. diet margarine (2 T.), 1 container Light 'n Lively 100 Lemon Yogurt	Lean Cuisine Chicken and Vegetables, 2 celery ribs (4), 2 medium peaches, 4 squares graham crackers (8), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Healthy Choice Shrimp Creole Dinner, 1 whole wheat roll (2 rolls with 2 T. diet margarine), 1 Klondike Lite Sandwich
1,200 calories, 22 g fat, 1,720 mg sodium (1,800 calories, 45 g fat, 3,000 mg sodium)		
1 Del Monte Fruit Cup Lite Diced Peaches, 2/3 cup Kellogg's Bran Flakes (1 1/3 cups) with 1/2 cup skim milk (1 cup), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Budget Gourmet Light and Healthy Lasagna with Meat Sauce, 4 wheat breadsticks (8), 2 stalks broccoli, raw, steamed or microwaved, 1 cup watermelon chunks	Healthy Choice Yankee Pot Roast Dinner, 1 slice whole wheat bread (2), 1 T. diet margarine (2 T.), 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 1 Swiss Miss Light Vanilla Pudding Snack
Without dressing: 1,210 calories, 24 g fat, 1,900 mg sodium (1,600 calories, 33 g fat, 2,750 mg sodium)		
1/2 cup All Bran (1 cup) or 1 serving cereal choice from chart, 1/2 cup skim milk (1 cup), 16 medium strawberries	Weight Watchers Chicken Enchilada Suiza, 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 2 medium tangerines	Ultra Slim-Fast Pasta Primavera, 1 slice light Italian bread (2 slices with 2 T. diet margarine), 2 medium tomatoes, raw or broiled, 1 Weight Watchers English Toffee Crunch Bar
Without dressing: 1,175 calories, 32 g fat, 1,620 mg sodium (1,600 calories, 45 g fat, 2,100 mg sodium)		
1/4 cantaloupe (1/2), 1 Thomas' English Muffin, 1 T. diet margarine, 1 container Weight Watchers Ultimate 90 Peach Yogurt	Lean Cuisine Homestyle Turkey, 1 medium orange, 2 celery ribs (4), 6 unsalted Premium crackers (12), 1 Dole Raspberry Fruit 'n Juice Bar	Budget Gourmet Light and Healthy Orange Glazed Chicken, 1/2 cup fresh or frozen spinach, chopped, steamed or microwaved (1 cup), 1 medium apple, baked or microwaved with cinnamon (2) and 1 T. diet margarine (2 T.)
1,210 calories, 26 g fat, 2,090 mg sodium (1,500 calories, 37 g fat, 2,900 mg sodium)		
1 Lender's Cinnamon-Raisin Bagel (2), 1 T. Sorrell Ridge Cherry Spreadable Fruit (3 T.), 1/2 cup orange juice (1 cup), **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Weight Watchers Baked Cheese Ravioli, 4 Weight Watchers Garlic Crispbread wafers (6), 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), 2 slices pineapple (3) or 1/2 cup chunks (3/4 cup)	Le Menu Healthy Salisbury Steak, 1 whole wheat roll, 1/2 cup cauliflower, raw, steamed or microwaved (1 cup), 4 ounces Simple Pleasures Light Vanilla Fudge Swirl Frozen Dairy Dessert
Without dressing: 1,230 calories, 22 g fat, 2,000 mg sodium (1,850 calories, 26 g fat, 2,700 mg sodium)		
1/2 cup Total Raisin Bran (1 cup) or 1 serving cereal choice from chart, 1/2 cup skim milk (1 cup), 21 cherries	Lean Cuisine Chicken Fettuccine, 1 medium tomato, sliced (2), 4 wheat breadsticks (8), 1 Ultra Slim-Fast Chocolate Pudding, **OR** Ultra Slim-Fast Plus Advanced High Fiber Formula	Weight Watchers Cheese Pizza, 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), Weight Watchers Vanilla Sandwich Bar
Without dressing: 1,270 calories, 22 g fat, 1,660 mg sodium (1,500 calories, 25 g fat, 2,050 mg sodium)		
1 Kellogg's Special K Eggo Waffle (2), 4 T. Aunt Jemima Lite Syrup (6 T.), 1 container Dannon Light Strawberry-Banana Yogurt	Le Menu Healthy Homestyle Pot Roast, 1 medium baked potato (2), 1 T. diet margarine, 1 medium banana (2)	Le Menu Healthy Chicken Parmigiana, 3/4 cup green beans, raw, steamed or microwaved (1 cup), 1 cup tossed salad (1 1/2 cups) with 1 T. nonfat salad dressing (2 T.), Sara Lee Light French Cheesecake
Without dressing: 1,250 calories, 22 g fat, 1,710 mg sodium (1,550 calories, 23 g fat, 2,000 mg sodium)		





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inside the journal kitchen

YOU ASKED FOR IT!

Dear LHJ:
One of the best desserts served at Max's Opera Café is the Seven-Layer Cookies. They are bar cookies with walnuts, coconut, chocolate chips and all sorts of delicious ingredients. Can you get the recipe for me?
Ruth E. Chase
Mountain View, Califor

Classical cookies

When San Franciscans stop for dessert at Max's Op Café after an evening at the symphony, opera or bal this rich confection is a popular choice—patrons order it plain, or topped with ice cream, marshmall cream and hot fudge sauce. It's a real crowd-plea at home, too—just sprinkle on the goodies and wait the applause.

Preheat oven to 350°F. Melt 1/4 cup butter or m garine and spread in 13x9-inch baking pan. Spread cup graham-cracker crumbs on top. Layer evenly w 1 cup *each* butterscotch chips, semisweet chocol chips, chopped walnuts and shredded cocon Drizzle 1 can (14 oz.) sweetened condensed milk top. Bake 20 to 25 minutes, just until barely gold Cool in pan on wire rack. Cut into 2x1 1/2-inch squar Makes 3 dozen.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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S&W Quick California Pizza

1 can (14½ oz) S&W Italian Style Stewed Tomatoes
1 Large Boboli® brand or other ready-made bread shell
1 Tbs. olive oil 1 can (3oz) sliced mushrooms (drained)
1 Tbs. fresh parsley ⅓ cup Romano cheese, grated

Drain tomatoes & save juice. Add olive oil to reserved tomato juice & brush over top of bread shell. Arrange tomatoes & mushrooms on top. Sprinkle with parsley and Romano cheese. Bake 10 minutes at 450°.



For more easy recipes and information about our new recipe video, write S&W Fine Foods, San Ramon, CA 94583-0587.

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travel journal

Napa Valley

Don't worry—you don't have to be a wine connoisseur to enjoy a trip to northern California's Napa Valley. Even if you don't know the difference between a cabernet, a chardonnay and a Chevrolet, you'll be enthralled by the Wine Country's gorgeous scenery, fine restaurants and attractions, invigorating hot springs and mud baths—plus more than one hundred fifty wineries to drink in.

Located only forty-five miles from foggy San Francisco, sun-drenched Napa makes for a perfect side-trip while visiting northern California, but it's an ideal vacation spot in its own right, too. The valley is among the world's best wine-producing regions outside France—and one of the prettiest areas in the country. Both lush and rugged, this mountainous region is filled with ever-changing, beautiful scenery.

The wineries range in size from tiny operations of just a handful of acres that offer viewing only by appointment to such big-name proprietors as Beringer, Charles Krug, Robert Mondavi and Christian Brothers. Although each has a distinct ambience and a different type of tour, nearly all are free and include complimentary or nominally priced tastings afterward. Among the most popular tours are those offered by Charles Krug and Beringer, neighboring wineries and the first major ones in the valley, dating back to 1861 and 1876, respectively. The tours take you into the century-old storage tunnels built into the sides of mountains.

If you're in the valley for several days and looking for something different from a traditional winery, stop by Hakusan, a new facility that exclusively produces the Japanese wine, sake. Both unusually sweet and potent, sake is made from fermented rice and is generally served hot. Hakusan's twenty-acre facility is landscaped with traditional Japanese gardens.

While in the valley, be sure to stop at Domaine Chandon, the area's largest maker of sparkling wine. The tour offers a hands-on glimpse of each phase of how champagne is made, from a mini-vineyard where you can pick your own grapes to the actual bottling assembly line. But the nicest part of Domaine Chandon is its restaurant—one of the best in the area.

With its emphasis on fine food and wine, Napa Valley has begun to attract many important young chefs. So throw your diet to the winds and enjoy more than one of the area's sumptuous restaurants. Vintners Court, on the grounds of the Silverado Country Club, is an elegant Continental restaurant with moonlit views of the grounds and romantic tables, each adorned by a single white rose. Also make sure to dine at Tra Vigne, a charming Italian restaurant with food as superb as the surroundings. Reserve early and request a table near the fountain in the Mediterranean-style courtyard.

One of the most original—and controversial—dining experiences in Napa is aboard the Wine Train. You can enjoy an excellent lunch, dinner, or brunch (on weekends) while slowly traveling through the valley on an elegantly refurbished, turn-of-the-century Pullman train, complete with crystal chandeliers and mahogany paneling. The trip is delightful, but since it began passenger service in 1989, the Wine Train has met with anger from some local businesses and residents because of its noisy diesel engines.

The valley offers a number of options in accommodations. One of the best choices is Dr. Wilkinson's Hot Springs, a motel and spa in the northern Napa community of Calistoga (707-942-4102). This resort town sits over a huge geothermal lake with naturally heated boiling mineral water. Seventy-six-year-old Dr. John Wilkinson, a genial former chiropractor who is still a fixture at the resort, was one of the first to tap into this natural resource, and today his facilities offer a salon for facials and body treatments, three mineral pools and natural mud baths—the area's biggest drawing point. For a unique, relaxing experience, plop yourself into an individual tub filled with hot, volcanic mud as an attendant smears the goop up to your neck. The experience is, well, messy, but the heat and consistency of the mud makes it perfect for alleviating stiffness and tension. Yes, showers are provided. Accommodations start at $44 a night.

For those looking for more quaint lodgings, try the charming Vintage Inn in centrally located Yountville (800-9VALLEY). It's beautifully landscaped and surrounded by vineyards, and each room includes a fireplace. The Vintage Inn is among several establishments that offer special mid-week rates off-season beginning at $89 a night.

Although the best time to visit the Wine Country is from summer through fall's lush harvest, these times are also the most crowded. Try to visit during the week, or save your trip for the spring or winter. Napa is geared for tourists year-round—the major wineries, restaurants and attractions remain open and are uncrowded and cheaper during the off-seasons. While the weather turns cooler and sometimes rainy (especially in November, February and March), daytime hours are still relatively warm and inviting, with temperatures averaging in the sixties.

—ERIC SHERMAN

travel journal

Splendid Southern resorts

Anyone who wants to experience the ultimate in luxury should check into a grand Southern resort. Besides the usual indulgences one comes to expect from great resorts, these oases spoil you with the region's trademark hospitality.

Chief among them is the Greenbrier, in White Sulphur Springs, West Virginia. The Greenbrier is an imposing complex of golf courses, spa facilities and palatial cottages, set around a vast white mansion, on sixty-five hundred acres. Everything about this place is outsized and lush, from the huge meals and the stretch limos that ferry guests around the grounds to the blend of bright colors, bold patterns and chintz that make up the extravagant decor.

Checking the guest register is like scanning a Who's Who of politics, business, society and the arts. Twenty-three Presidents, from Andrew Jackson to George Bush, have spent time here, as well as social titans such as the Duke and Duchess of Windsor. But more than a gathering spot for the rich and famous, the resort is a place to relax in natural sulphur springs that grace the grounds. (Call 304-536-1110. Rates: $160 to $219 per person, double occupancy.)

About an hour east of the Greenbrier lies another resort similarly famed for its natural springs: the Homestead, in Hot Springs, Virginia, built in 1766. There's a restrained grandeur at the Homestead. The rooms are comfortable but not flashy. Teatime in the chandeliered Great Hall is a casual but elegant affair, and the meals are works of art. Visitors come away feeling pleasantly relaxed, whether they spend their time in the old-fashioned spa, on the three golf courses or on a stroll through any part of the resort's fifteen thousand acres. (Call 703-839-5500 or 800-542-5734. Rates range from $195 to $295 per night.)

The Grove Park Inn, in Asheville, North Carolina, doesn't have the advantage of natural springs, but it does overlook the Blue Ridge Mountains, a region people have historically retreated to for reasons of health. Many have holed up here, including Franklin and Eleanor Roosevelt, Henry Ford and Mikhail Baryshnikov. Originally, visitors came for the peaceful scenery and opulent furnishings of the inn. In the last few years, world-class sports facilities, lavish dining and theme weekends have been added. (For information, call 800-438-5800. Rates range from $170 to $275.)

—LAURIE WERNER

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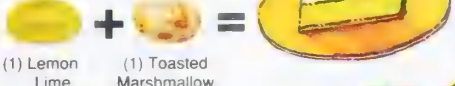


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A brilliant madness

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treatment, Patty is in charge of her life. Happily remarried, she lives with her family in Idaho and stars in many television movies.

Still, manic depression is a disease that is never cured, and even now Patty must continue to monitor her behavior. Here, in her most honest and detailed account ever, she talks about living with her mental illness.

How I first realized I had a problem

I knew from a young age that there was something very wrong with me. Although the overt symptoms of my illness didn't show themselves until I was in my late teens, I had panic attacks as far back as I can remember. When they occurred, I'd hyperventilate and run around screaming. I couldn't stop myself.

My mental illness is genetic, a chemical imbalance of the brain, and my family background makes me a prime candidate. My father was an alcoholic—which is common in family members of people with manic depression—and my mother suffers from clinical depression.

I had my first manic episode—hallucinating, ranting and raving—and my first severe depression when I was eighteen. I did go to doctors on and off throughout the years, but it never helped.

Some of the strange things I did

Hearing voices. A manic episode may sound just like feeling "high," but it can be terrifying. One day, I was driving on the freeway in Los Angeles when I began to hallucinate. Voices were talking to me through my car radio in the form of a news report. They told me someone was taking over the White House, and that I could help save the government. I had to get to Washington!

During the trip, I was *on* a trip. When I arrived in Washington, I began to feel paranoid—as if I were being watched. I was frightened because I knew about this secret invasion, and no one else did. I checked into a hotel and made all kinds of phone calls to government offices. And then, almost like somebody had flipped a switch, I realized I was behaving crazily, and I left the hotel.

Because it was snowing, the airport was closed, but I decided it was closed because of this great invasion and that I was going to be captured. I paced through that airport until daylight, when it finally reopened.

By the time I got back to Los Angeles I hadn't completed the manic phase, but I was clear enough about the hallucination to be very embarrassed about it.

I can't stop myself. My illness also manifested itself in other ways. I started getting manic about safety-deposit boxes. I kept putting stuff in different boxes all over town—a tissue in one, an earring in another. Boy, they thought I was very busy at those banks!

And my sex life . . . well, I didn't know it then, but sexual promiscuity is a symptom of mania. And there did come a point when I was *very* promiscuous. I knew this behavior wasn't the real me, but there I was, winding up drunk and not knowing who that person in my bed was.

Marrying a stranger. In 1970, I met actor John Astin (who would later become my husband), and we were briefly involved. Then, I discovered I was pregnant, and it kicked off the most manic episode of my life. I was hysterical, ranting and raving about being pregnant and unmarried when Michael, a man I barely knew (he had been subletting my apartment in L.A.), said to me, "Do you want to get married? I'll marry you."

Within an hour we were on our way to Las Vegas, and we were married that night. For the next thirteen days, I picked up my husband's hefty betting tabs all over town. Then I wanted to go someplace else. My new husband had relatives in New Jersey, and I thought, Why not? I didn't want to travel on a regular airliner so we rented a Lear jet. We went to New Jersey and then New York, where I wound up on *The Dick Cavett Show.* I was so maniacal that I told Dick and I don't know how many millions of people that I was pregnant and that I was going to build an ark in the desert. Meanwhile, the Lear jet sat in an airport in New Jersey with the meter running. I had forgotten all about it.

That crazy time ended when I picked a fight with my husband in our hotel room in New York and I began throwing everything in sight. A short time later, my lawyer got me out of the city and had the marriage annulled.

Crying out for help

When I was in my early twenties, I was married to Harry Falk, an assistant director on *The Patty Duke Show*. I was euphorically happy at first, but then the depressions started. I felt inadequate. The show had been canceled, and I didn't know anything about being a wife. I became anorexic—weighing just seventy-three pounds. I cried all the time and was unable to function. This would go on until I got a job. As an actress, discipline was branded into my soul. Though petrified, I would always pull it together enough to perform.

It was at about this time that I tried to kill myself. Harry took me to the psychiatric division of Cedars-Sinai Medical Center, in Los Angeles. I promptly persuaded the doctors to let me out. A couple of months later, I provoked a fight with Harry and ran into the bathroom and swallowed a bunch of Valiums. He finally convinced me to throw them up.

The despair of severe depression was almost unbearable, and it was even more painful to swing continually between the depressions and the manias. I was completely unraveling and beyond anyone's control, least of all my own. I just wanted the pain to stop. The only thoughts that went through my head were, "Please make this stop. Please make me brave enough to die so that this anguish will stop."



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It's more than just the zest in your salad...

The real nightmare begins

Harry and I were divorced in 1970. After I married John Astin in 1972, things reached a crisis stage. In addition to our own two kids, Sean and Mack, all three of John's sons from a previous marriage also lived with us. I was always screaming at the top of my lungs, and John and I were up at night arguing.

Mild depression became my way of life. I wouldn't get out of bed until two in the afternoon—or only if someone noticed that I wasn't taking care of my kids.

After that, it was repetitious—cycles of agitated mania alternating with depression. Sometimes I'd stay in bed, crying, for as long as six to ten weeks. I'd feel dirty, smelly. Part of me would think, I should get up and wash myself, and then I would dismiss that because I just couldn't get up. I'd think, Why is this happening to me? Why am I like this? I'm a terrible person.

A family in chaos

As the boys grew up, my manias took the form of irritability and unpredictable flashes of rage. During a typical afternoon, I'd feel the sadness, the borderline depression. But then the five boys would come home from school, and the noise would build and they wouldn't do what I asked. I'd say, "Clean your room, hang up your clothes." They'd say no or they would ignore me. It would grate on my nerves and start my motor running.

I'd wait for John to come home for dinner. If he wasn't there at the absolute second he had said he'd be, that was grounds for a tantrum. I'd get very cold, very icy. Then, invariably, one of the kids or John would say something that I felt was provocative. I'd start screaming ugly, foul epithets. And if the words weren't enough, I'd start throwing things—the food, the plates, the glasses.

There would be a point where something would click in my mind and I'd sense that I was out of control, that I was crazy. The embarrassment and the guilt would push me even further into crazy behavior. Now I'd run to the bathroom to try to kill myself because that was the only way to save face.

I could not explain what I was feeling. But later, I would apologize to John and the kids. And then there would be a restorative time. But you just never knew when the good time would be over.

Unhappy holidays

The holidays were a terrible time for me. I had unrealistic expectations that everything would be perfect. When someone screwed up, I'd lose control.

I did things like tearing down decorations, throwing silverware and screaming. I remember standing in the kitchen with a stack of plates and smashing one after the other. We had a new countertop, and I took a knife and slashed into the counter until I chipped the whole edge away.

It seemed like whenever our family was having the most fun there had to be a breaking point. Sometimes, at the end of a lovely dinner when all of us were laughing and probably looking like the Brady Bunch, I would get manic. The dishes would go flying through the windows. Or I might destroy something that was important to the kids. Once it was a model airplane Sean had just finished putting together. Or it might be a picture one of them had drawn. Sometimes, but not often, I even hit the kids.

How I finally got better

In June 1982, I was starring in the TV series *It Takes Two*, a comedy about a chief of surgery married to a lawyer. One day, during a rehearsal, I began to get very sick. I developed laryngitis, and I went to a doctor to ask him for something to help me talk so I could tape the show. He gave me a shot of cortisone.

I found out later that cortisone can trigger an episode of mania. That night, I had a couple of panic attacks. By the morning I was very agitated and very frightened. This went on for a week, and I became more and more frenzied, until one day at work, I passed out.

The next morning, I went *(continued)*

A brilliant madness
continued

to see Dr. Harold Arlen, my psychiatrist. He told me, "I have suspected for some time now that you may have a condition I want to discuss with you. I didn't make this diagnosis before because it's a very difficult one to make. I think you are manic-depressive."

Even now, it's weird to tell you what my reaction was. But the words *manic-depressive* just made sense. They were the two best words I'd ever heard. They described how it felt to be me.

I was so relieved that after all these years of feeling whatever this was, it had a name. A lot of people might have asked a bunch of questions. I did not. I just wanted to know, Do I take a pill now or five minutes from now, or what?

Since then, I have been taking lithium two times a day. It began to work within three weeks. It wasn't anything dramatic—I just felt a calmness I had never known. Things were just easier. It was easier to get up. It was easier to carry on a conversation with somebody. It was easier to *be*. For the first time in my life, I felt normal.

The struggle I still face

I'd be less than honest if I said manic depression is not part of my life today. For one thing, it is my genetic heritage, and that never goes away. Second, I am who I am. Just taking a pill doesn't mean I'm going to become a different person. So I work hard to break behaviors I don't like in myself.

I also made the decision to use my celebrity status to speak out about the illness. I've toured the country, giving speeches on the disease and meeting with small groups of patients. I testified at congressional hearings, and I'm a spokesperson for the National Institute of Mental Health.

My recovery has been an evolution, not a sudden miracle. Four years ago, for instance, my current husband, Michael

A frightening illness

Patty Duke's story is not rare. According to the National Institute of Mental Health, more than one million Americans—both women and men—suffer from manic depression. Although the illness is not always as severe as it was in Patty's case, patients usually experience mood swings that go from overly high and irritable to sad and hopeless, and then back again, with periods of normality in between. Experts believe the disorder is caused by a chemical imbalance in the brain, and they've discovered that it runs in families.

Symptoms There are many—and not every patient will experience them all.

In the *depression phase,* a sufferer may have: • feelings of hopelessness or pessimism • feelings of guilt or worthlessness • loss of interest in ordinary activities • decreased energy • difficulty concentrating, making decisions and remembering • sleep disturbances • loss of appetite • weight gain or loss • chronic pain or other symptoms not caused by physical disease • thoughts of death and even suicide attempts.

Symptoms of *mania* include: • euphoric feelings • increased energy • restlessness • racing thoughts and rapid talking • a decreased need for sleep • increased sexual drive • extreme irritability and distractibility • poor judgment • abuse of drugs and alcohol • obnoxious or provocative behavior • denial that anything is wrong.

Diagnosis Manic depression is often difficult to pinpoint because the severity and course of the disorder can vary widely from person to person. In fact, it is often confused with other illnesses, such as schizophrenia, and many patients are undiagnosed—some experts estimate that only 27 percent of those with the illness get treated.

There are different types of manic depression. Patty Duke, with her sharply defined low and high periods, suffered from *bipolar I*, the classic form of the illness. In *bipolar II*, patients have recurrent depressions, but without the psychotic manic episodes. Others, called *cyclothymes*, have high and low cycles lasting only a few days or weeks; they can switch suddenly from apathy to sharp and creative thinking. Finally, some manic episodes may be precipitated by a drug such as cortisone, as in Patty Duke's case, or even an antidepressant prescribed because the patient was believed to have clinical depression.

Treatment Once the diagnosis is made (based on the patient's symptoms and by taking a thorough personal and family history, observing the patient and ruling out other disorders), the disease is most often treated with lithium, which is highly successful for 60 to 70 percent of patients. Lithium controls the disease (nothing can cure it), and usually begins to work within ten days to three weeks. The medication's effects are subtle: Patients' mood swings generally become fewer, briefer and less severe. Twenty percent are relieved of all symptoms; 50 percent improve substantially.

If lithium does not work, other effective treatments are available, including such medications as antidepressants, anticonvulsants, and neuroleptics (a type of drug that affects parts of the nervous system). Whatever the treatment, patients should be monitored carefully by their doctor.

For more information about manic depression, or for patient-support groups in your area, contact:

The National Alliance for the Mentally Ill, 2101 Wilson Boulevard, Suite 302, Arlington, VA 22201; call 800-950-NAMI.

National Depressive and Manic-Depressive Association, 730 North Franklin Street, Suite 501, Chicago, IL 60610; call 800-82N-DMDA —GLORIA HOCHMAN

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arce, and I were at our farm in Idaho, d the kids had made a mess, and noth- g seemed to be going right. It was the nd of scene where, without lithium, rniture would have been thrown, dishes ould have been smashed, the kids ould have been hit. Instead, I yelled a t, and that was okay. But then it escalat- to a point that *did* worry me. I started iling at Mike unreasonably. And I ran stairs, slammed the door and contin- d yelling. I was in a rage, and I came it of the bedroom and knocked the ban- ter off the hallway wall.

I caught myself before it went any fur- er and apologized to the kids and Mike. 've figured out that I was exhausted and uffering from sleep deprivation. That's mething we're very careful about now.

ly greatest pain

nowing that I shortchanged my kids urts me the most. The fact that I have redibility with them today is a happy rprise. They had a lot to forgive. The icide attempts—and little boys banging n the bathroom door, saying, "Mommy, lease. What are you taking?" Not know- g what I was going to do next. They'd ften hide in their rooms when I was go- g through a manic outburst.

It makes me ache that I missed a lot of eir milestones, even though I was phys- ally there. When a kid asks you, "When as the first time I walked by myself?" nd you don't remember, it really hurts.

I keep wishing there was some way I ould make it all up to my children. I just ope that our family bonds are strong nough to dim the past and allow us to njoy today . . . and tomorrow.

'm happy at last

met Mike in 1985, when I was working n a TV movie about a woman who joins he Army. He was the drill sergeant who oached me through the basic Army raining skills I needed for my role. He's ight years younger than I (I'm forty- ive, he's thirty-seven), but we fell in ove. We were married in 1986, and a few ears later, we adopted our son Kevin, who's now three.

I feel very lucky. I have the best of oth worlds. I've made a lot of television novies lately—including *Last Wish*, Betty Rollin's moving story about help- ng her cancer-stricken mother die with dignity. Most of all, I have a wonderful family who loves and forgives me for the terrible things I've done.

I no longer have the feeling of waiting for the other shoe to drop or that I don't deserve to be happy. I've finally found the balance I ached for, longed for, screamed for, cried for, so many years of my life. ■

Gloria Hochman is an award-winning medical writer based in Philadelphia.

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Can this marriage be saved?

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Realizing he no longer wanted to work for a large corporation, he initiated discussions with a former colleague who was working for a small publishing company. He quit his job and now works to develop newsletters and other publishing ventures.

"Learning to express their negative feelings in a positive, constructive way also brought them closer. For instance, after they made love, instead of saying, 'It could've been better,' Richard learned to say, 'I really enjoyed that, I'd like to have more of that.' For her part, instead of holding in her anger when she felt he was belittling her, Karen learned to say: 'I'm feeling criticized; please don't talk to me like that.'

"At one point, I had a session with Richard alone during which we discussed his unrealistic notions of sex. I told him that he could not expect sex with someone he has known for ten years to yield the same fiery explosion it did when they first started dating. Rather, I suggested, he should look for a deeper, meaningful kind of passion. What's more, while intercourse is certainly important, a healthy sexual relationship also includes emotional support and positive feedback, as well as recognition of one's positive qualities.

"In time, Richard learned to put many of his complaints in perspective: He understood that if Karen did not want to have sex as often as he did, or if she didn't have an orgasm every time, it was not because she didn't find him attractive or because he wasn't a good lover. And instead of thinking that Karen never had time for him, he was able to view her high energy level as something positive that could benefit their lives in many ways.

"At the same time, Karen was learning to value Richard's intellect, warmth and playfulness and to give him time to get his career on track. As the tension between them eased, and as Richard stopped pressuring her to make love, Karen started to enjoy sex more. She also forced herself to open up to Richard in general, talking about problems she had at work and soliciting his advice. And she started to delegate some responsibilities at work, which helped cut down on the late-night phone calls from colleagues.

"This couple ended counseling after fifteen months. In their last session, Richard told me they were planning to get married either at the end of the summer or at Christmas. 'We're in negotiations,' he said with a grin, 'but now we know how to work things out.' " ■

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What she did to become a star

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entertainment industry has been forced to become sensitive to the issue of sexual harassment, the casting couch hasn't been eliminated. "A lot of women are still afraid to go public with charges for fear of being labeled difficult, although the courts are more supportive than ever before," says Steve Burkow, a lawyer for a leading independent film company.

In today's Hollywood, perseverance and self-confidence are more important than ever. Dixie Carter, of *Designing Women,* describes it this way: "The rule is that there *are* no rules for success. It's like those old dance marathons where everybody started out full of vim and enthusiasm, and at the end, only one couple was left. All you have to do," she says, smiling, "is be the one still standing."

Here, the stories of four young actresses who now stand very tall indeed.

Michelle Pfeiffer

Back in 1982, when she was promoting her first starring role, as tough girl Stephanie Zinone in *Grease 2*, beautiful Michelle Pfeiffer was so eager to please that you could ask her anything—and she'd even answer. Such as: Was she ever invited to the casting couch?

"I just got married, and I'd tell people that," she answered demurely.

Does that stop the propositions, she was asked?

"No," she admitted. "But *I* do. You have to, or you'll spend all your time auditioning for parts you're wrong for, just because casting directors want to sleep with you."

Honest answers . . . open woman. But that was then. Today, Michelle isn't exactly forthcoming when it comes to discussing her personal life. This much, however, she *will* tell you: She's worked hard to get where she is.

Born in Midway City, in Orange County, California, in 1958, Michelle originally had no desire to be an actress. Oh, she'd sing into her garden hose as a child and pretend to be Elvis Presley, but who didn't? She first took drama only as a way to rack up English credits.

"I thought theater people were weird, so I hung out with the surfers. Later, I found out that the theater people were funny and refreshing, and drama became the only class I never ditched."

After graduating from high school, she briefly studied to be a court reporter, worked as a supermarket clerk and realized she was bored. "I said to myself, 'If you could be anything in the world, what would it be?' and acting came up right away." To get attention, she entered the Miss Orange County beauty contest. She won, got an agent and soon appeared on an episode of *Fantasy Island*. After that, she was cast as "Bombshell" in her first TV series, the fraternity flop *Delta House* (1979).

"It was a shallow no-brainer, and I detested it," she once said. "But it *was* exposure, so I did the best I could with terrible scripts."

Her pouty beauty won her small roles in other films and another TV show, but after the flop of *Grease 2*, she turned down all offers to play gum-cracking tarts, sex kittens and ingenues, and set her sights on meatier roles.

"I told myself, 'There are so many unemployed actors around, you should be glad you're working at all.' But I just wasn't happy, and I realized I had to change people's perception of me." When she learned that Brian De Palma was going to shoot *Scarface*, she fought vigorously for the part of icy Elvira, going to audition after audition, submitting to a screen test, and finally winning De Palma over.

Michelle received excellent reviews and went on to star in such films as *Ladyhawke*, *The Witches of Eastwick*, with Jack Nicholson, *Dangerous Liaisons* (for which she was nominated for an Oscar), *Married to the Mob* and *The Fabulous Baker Boys*, which brought a second Oscar nomination. Still, despite her acting talent, two of her two most recent movies, *The Russia House* and *Frankie and Johnny*, did not fare all that well at the box office.



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his month, though, she'll star as atwoman in Tim Burton's *Batman eturns*. She's also currently at work with aniel Day Lewis and Winona Ryder on ie upcoming *The Age of Innocence* for di-ctor Martin Scorsese.

"Perseverance pays off," she has said, mming up her success. Or, as her ad-iring *Married to the Mob* director onathan Demme puts it, "She exhibited normous patience with those of us who nded to focus on how gorgeous she is."

nnette Bening

t thirty-three, Annette Bening is as un-onventional and unpredictable offscreen s on. She's acted in some of the most ac-laimed films of the past few years, and—hat's perhaps even more remarkable—he recently *married* perpetual bachelor Warren Beatty, with whom she has a five-nonth-old daughter, Kathlyn. Does it other her that, at fifty-five, Beatty is old nough to be her father?

Her response: "Give me a break."

Guess that's a no.

The truth is, Annette has always done he unexpected. The daughter of an insur-nce salesman and a church singer, she laims she got hooked on acting after ap-earing in an elementary school produc-ion of *The Three Little Pigs*. She lights up s she remembers how friends of the fam-ly tried "to talk me out of becoming an ctress. If someone doesn't have a pas-ion—whether it's playing the guitar or nanipulating the stock market—you an't explain it to them, because it's got nothing to do with practicality. It's some-hing no one else in the world can judge."

Bening acted and danced her way hrough her local high school in San Diego, and then majored in theater arts at San Francisco State University before at-ending the prestigious American Conservatory Theater, in San Francisco. She married director Steve White and noved to New York, where she landed a ole (and a coveted Tony nomination) in he Broadway play *Coastal Disturbances* in 1986. Her amazing range and pixie-like beauty easily won her roles in several prime-time TV shows, including *Miami Vice*, before she made her feature-film de-but as Dan Aykroyd's wife in the not-so-*Great Outdoors*. "It left me a lot wiser on he whole machinery of moviemaking," she has said of that commercial and artis-tic disaster, and she promised herself that she would never again accept a project that didn't speak to her "on a real gut level."

Her subsequent movies weren't always hits, but you can't fault her taste: *Valmont*, *Postcards from the Edge*, with Meryl Streep, *Guilty By Suspicion*, with Robert De Niro, *Regarding Henry*, oppo-site Harrison Ford, and the celebrated *The Grifters*, which won her an Oscar nomination for her performance as the sexy con artist Myra Langtry. Milos Forman, who directed her in *Valmont*, summed Annette up perfectly when he said, "She is not at all interested in look-ing for safe havens."

Then, of course, there was *Bugsy*, in which she played Warren Beatty's ambi-tious girlfriend, Virginia Hill. And just how *did* life come to imitate art where Beatty was concerned? The answer is . . . unexpectedly.

Annette first met Beatty in November of 1990, when they got together in a pizza parlor to talk about *Bugsy*. She admits be-ing smitten at the time, but only by his impressive "body of work"—for, divorced from White, she was heavily involved with actor Ed Begley, Jr. (*St. Elsewhere*). That changed when Begley took up with *Penthouse* pet Amy Lyn, and Beatty gave up dating the Material Girl, Madonna. Bening then—despite protesting at the time that "you don't always fall in love with your leading man"—proceeded to do just that. And he fell for her, too, since she had all his requirements for a soul mate: "intelligence, energy, application, generosity of spirit, humor, depth, an attrac-tive physique." In, he swears, that order.

Annette's pregnancy during the mak-ing of the film meant that she had to give up a reported $1 million deal to play Catwoman in *Batman Returns*. The baby was born in January, and her doting par-ents took her everywhere (with nanny, of course) as they toured the world promot-ing *Bugsy*.

Having worked constantly for four years, Annette is enjoying time away from the cameras, just being with Beatty and Kathlyn. As for what's next, the couple aren't ruling out another movie togeth-er—or another child.

Demi Moore

What is it that makes twenty-nine-year-old Demi Moore different from Ally Sheedy, Molly Ringwald, and the rest of the semi-washed-up brat-packers who came to prominence in the early eighties? It can be summed up in one word: *Ghost*. All it takes is one monster-size hit to catapult you to the kind of stardom that even flops like *Mortal Thoughts*, *Nothing But Trouble* and *The Butcher's Wife* can't completely diminish.

In the case of Demi Guynes (her mom named her after a beauty product), suc-cess came through the kind of steely de-termination that would make the Terminator think twice about taking her on. "You don't ever say you can't," she has said when asked to describe her phi-losophy of life. "You just do."

Demi became self-sufficient at an early age. Her stepfather, an advertising-space salesman for newspapers, moved the fami-ly dozens of times, and eventually he and her mom split up when Demi *(continued)*

was a teenager. The remaining family—Demi, her younger brother, Morgan, and her mother, Virginia—settled in Los Angeles, where Demi grew into, by her own description, a party girl, "a kid sowing my wild oats."

"I was kind of a little lost," she said of her teenage years. "At a certain point you just have to look at things and realize, well, is this going to take me where I want to go?" Things came together for her when she met "a foreign actress who was just a kid like myself." That actress was Nastassia Kinski, and after talking to her, Demi came away thinking that acting was "involved and important, and that seemed the way to go. I made a conscious decision to pursue it."

Dropping out of high school when she was sixteen, Demi hooked up with her rock-and-rolling boyfriend, Freddy Moore. They married in 1981. Along the way, she studied acting, did some modeling—including poses for a men's magazine—and worked as a secretary to bring in cash. She also landed roles in two low-budget movies—the football film *Choices* and the sleazy shocker *Parasite*. But they *were* professional credentials, and she used them to open the doors of *General Hospital*: Demi played Jackie Templeton, new girl in town.

Casting director Wally Nicita remembers that when he first saw Demi, she struck him as someone with "star quality." He was so impressed with Demi that he cast her as Michael Caine's daughter in *Blame It on Rio*. The awful movie was blamed on its director and producers, but Demi received excellent reviews and subsequently landed a co-starring role in *St. Elmo's Fire*, with Rob Lowe, Ally Sheedy and Emilio Estevez. She reportedly even stopped doing drugs when the studio refused to hire her unless she was clean.

The film was a hit, and Demi was on her way. She thought she was on her way with Emilio, too. She had hoped to marry Estevez as soon as her divorce from Freddy became final (they'd split up in 1983). But after three years, Demi realized that Emilio was more career-oriented than Moore-oriented, and their relationship fizzled. Six months later, she met Bruce Willis, and they married in November 1987.

Demi's star dimmed after a series of unsuccessful films: *About Last Night . . .*, *Wisdom*, *The Seventh Sign*, and *We're No Angels* with Robert De Niro. But then along came *Ghost*, and its success boosted her per-picture salary to a supernatural $2.5 million.

Today, Demi, who will star next December with Tom Cruise and Jack Nicholson in *A Few Good Men*, says that while movies are an important part of her life, they are not it in entirety. She's devoted to Bruce and their daughters Rumer, three, and Scout, ten months. (Scout made the cover of *Vanity Fair* magazine before she was even born when Demi posed—nude and very pregnant.)

"I feel I am a better mother and better wife because I have a career," she said recently, adding that the key to surviving in Hollywood is simple: "To have enough going on in my life—the real stuff—so I can roll with the ups and downs."

Kirstie Alley

Growing up in Wichita, Kansas, Kirstie says that she was "the artsy, troubled, searching, obnoxious kid, the one they worried about. I was insecure about everything and uncomfortable with myself."

So Kirstie, thirty-seven, became an actress to express her creativity and gain confidence, right? Guess again.

She wanted to play around, she insists. "I always knew that if you were going to be married and have only one man for the rest of your life, you'd better have a career where it's legal to smooch with other guys."

Kirstie got her start in Hollywood as an interior decorator—which is how she'd been unhappily employed back home—and in her spare time made the rounds of agents and auditions. She roomed with another aspiring actress (the future ex–Mrs. Tom Cruise, Mimi Rogers) and kicked the two-year cocaine habit she'd picked up in 1979. One of her first *(continued on page 184)*



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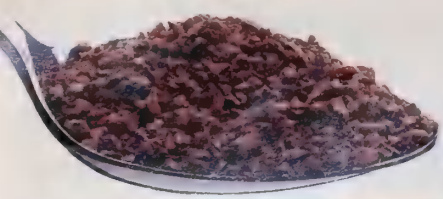
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What she did to become a star

continued from page 180

auditions was for *Star Trek II: The Wrath of Khan*, and she won the part of the pointy-eared Lieutenant Saavik—an emotionless character who, as fate would have it, "didn't get to make out with *anyone*!"

Kirstie proved to be a natural talent, one who found the most difficult part of her new profession to be "not eating the doughnuts they put out for the cast. I swear, the first day I was on the set I ate half a dozen of 'em."

Maybe that's why the producers wouldn't give her a raise when they asked her to play Saavik again in the third *Star Trek* film. Though she was still a relative unknown, Kirstie turned them down flat—and had no regrets even when her TV series, *Masquerade*, failed. She had confidence, though, and a new husband—actor Parker Stevenson, whom she'd boldly picked up in a restaurant (when she saw him, she has said, "my insides growled, 'Yes, yes, yes' ")—and in her charmed way won parts in the films *Runaway*, with Tom Selleck, *Blind Date*, and the miniseries *North and South*.

Then, of course, came *Cheers*. When Kirstie was first offered the role of Rebecca Howe, the character was "a martinet, a bitch," according to executive producer Jim Burrows. Kirstie didn't like that and agreed to do the show only if "I could play Rebecca as a complex person" who would have "a strong and smart side, but [also] a kind of neurotic side as well—like wondering if she had fat thighs." The producers were smitten with Kirstie and agreed, and she helped the show climb back to the top of the ratings.

Since then, Kirstie's film career has had its ups and downs, with hits like *Shoot to Kill*, with Sidney Poitier, and *Look Who's Talking*, with her friend John Travolta, and box-office bombs like *Madhouse* and *Sibling Rivalry*.

These days, Kirstie's high on the future. Despite a tragic miscarriage in 1990, her almost eight-year-old marriage is strong. (She did, after all, thank her husband for "giving me the big one for the past eight years" in her acceptance speech at last year's Emmy Awards.) And her next film project will be a special one for her: the romantic comedy *Hold On Tight*, which Kirstie wrote and says "will star me with some guy who looks great without a shirt on.

"I'm really looking forward to that and to the future," she has said. "I've learned that you'll never be disappointed if you always keep an eye on uncharted territory, where you'll be challenged and growing and having fun." ■

Jeff Rovin is a contributing editor of Ladies' Home Journal.

Love and sorrow

continued from page 120

gay people. Surely *I* would never be touched by AIDS, I thought. I lived in a small rural town, had been married to the same man for twenty-six years and had never used drugs. Little did I know how wrong I was.

I'll never forget the day my husband's brother, Joey, told us he had cancer and asked if he could come here to die. Once he arrived, he admitted he had HIV. I have to admit we were shocked. My husband and I felt terrible for him, but we were also frightened for our family. Sure, we'd read that it is hard to catch AIDS through everyday contact, but believe me, when it is right in your own house, you question everything. Still, we couldn't turn our backs on Joey when he needed our help.

I was a nervous wreck. At first, I used only paper plates and plastic utensils at mealtime so I could throw them out. When that became expensive, I boiled Joey's dishes and silverware. Each time he used the bathroom, I'd rush in, put on rubber gloves and scrub everything with bleach. The disease I thought would never affect me now consumed me totally.

I pored through medical books and made numerous calls to hospitals and organizations seeking information. I learned that although it was important to take some precautions, there was little danger

f our getting the virus through normal ontact. I stopped boiling the dishes.

Still, no one could teach us how to deal ith the heartbreak we had yet to face. Iy brother-in-law was once a strong, ealthy, attractive man who had run in leven marathons. Now, at forty-seven, he as dying—and quickly.

As he worsened, he developed pneumoia and was hospitalized. We stood at his edside taking each labored breath with im. As I stroked his face and tried to offer comfort, I felt pangs of guilt for having nce been afraid to touch him.

Joey slipped away on a rainy Sunday afernoon. I was relieved for him, but I was lso relieved for us. Mostly, I think I felt nger. I hated the disease I had once known so little about. I hated the way it ook away its victims' dignity. I hated how t cheated people out of the right to grow old, to enjoy all the little wonders of life.

We still find it hard to admit the cause of Joey's death. We wonder why he had to die. But we do know that we miss him and that it hurts very much. **—A New York reader**

I want to see my daughter grow up

My husband and I were a middle-class couple earning $80,000 a year, with a wonderful child and a newly purchased home. We never expected AIDS to strike us. Neither of us were drug users or homosexual or had received a blood transfusion, yet the disease changed our lives forever.

I will never forget sitting in the doctor's office as he told us that my husband had AIDS. As I started to cry, I heard my husband ask how long he had. The doctor said, "Maybe one year," and added that I needed to be tested immediately. I was informed a week later that I, too, was HIV positive.

I cried my eyes out that day, surrounded by friends and family, but I knew I had to gather all my strength and fight for my family. (By God's grace, our fifteen-month-old daughter has tested negative for the virus four times.)

My husband could not handle his illness. He refused to make any effort to recover. He wouldn't talk to me and had very little to do with our child. Three months after his diagnosis, he passed away.

I stayed in relatively good health until 1991, when I learned the devastating news that I also had AIDS. I resolved that I would not let this disease take me easily. With the help, care and friendship of friends, family and a wonderful doctor, I have bounced back from illnesses and continue to live a happy life with my wonderful daughter. She gives me the desire to go on because I want to see her grow into the beautiful woman I know she will be.

Although I am only thirty-eight, I have lived a full life. I was lucky enough to marry a wonderful man and have a beautiful child with him. I have become a stronger person because of this disease. I have my bad days, but I know they will pass and I will be able to do the things I want to do. I don't take anything for granted. **—A California reader**

I can't go to church anymore

We live in a small rural town; I can't name it for fear it will jeopardize the lives of my two young grandsons, who must grow up here. My son, their uncle, a college graduate and former Naval officer, is HIV positive.

I knew when my son was thirteen years old that something was different about his nature, but I kept my thoughts and fears to myself. When he was seventeen, he told me he was homosexual.

I wasn't surprised; I told him I'd suspected it. Still, it was agony to know I had guessed right. We were a Christian family, and it was against all we believed in. I dreaded telling my husband. I even blamed him because he had never been close to our children.

My son wrote to Ann Landers, who advised him to tell his parents and get counseling. One therapist advised him to test his feelings by dating women. Nothing changed. A second therapist told him to accept himself as he was. Maybe some people do choose to be homosexual, but most do not! He truly tried to change and couldn't.

Three years ago, my son learned he was HIV positive. We talk on the phone every week, and I send him money for the T-cell test [a measure of white blood cells in the immune system] every six months. I've told him that I will fly to the West Coast to take care of him if and when AIDS strikes him.

He is optimistic and hopes that a cure will be found in the next couple of years. However, he has seen hundreds of his friends die, and he knows all the problems he faces. He has already paid for his cremation.

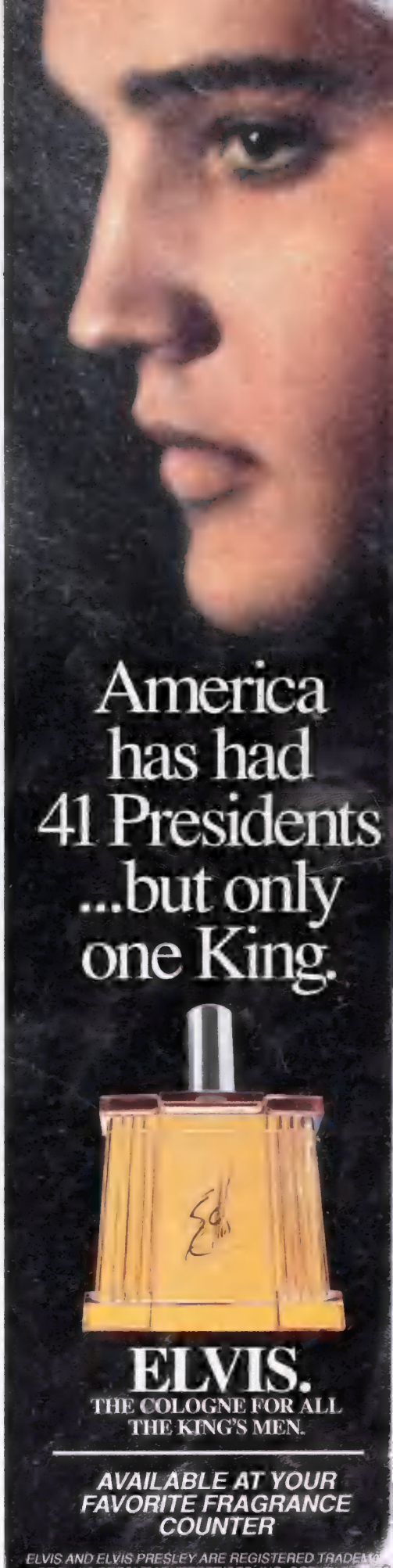
I can't stand going to church and listening to ministers preach against homosexuality. I quit attending ten years ago. Some Power keeps me going and gives me support, but I no longer believe in a God of miracles. **—An Ohio reader**

My father, my hero

In April 1992, my hero will celebrate his sixty-first birthday. But as I write this, I don't know if he will live to see this happy occasion. He is HIV positive. My hero isn't a basketball player, an actor or a prominent politician; he is my father.

My heart has been heavy for the past six months, but for the past two weeks I've been at the breaking point. My family doesn't discuss my father's illness, so I've tried talking to other people. A friend of mine—a college graduate—thinks AIDS is hereditary. A close relative's opinion was twice as ignorant and disgusting: He said the virus is something the white people have passed on to blacks like us. After that conversation, I fell to my knees and prayed the Lord's Prayer.

I think maybe I could accept this situation better if the virus had *(continued)*



Love and sorrow

continued

stricken any member of my family other than my father. This is the man who raised me, fed me, taught me. It's very difficult to see a once happy, well-adjusted, 240-pound man drop to 120 pounds and become childlike. He was once vibrant, intelligent, strong-willed and very opinionated; now every day is a challenge. It hurts a lot, and it takes a lot of effort to watch him die.

It breaks my heart to see my father turned away. We went to several dentists before one would agree to treat him. I hated the humiliation and shame that ordeal put him through. However, I remember my father telling me when I was a child that "only the strong will survive." He is strong and will survive, even after God calls his name.

I can't turn my back on my father. Oh, yes, I have a lot of questions, and I continually try to find the best answers to them: How? Why? Who? But I try not to torment myself. My father has been there for me through many crises, and not once has he judged me. So who am I to judge him? He will always be my hero.

—A Tennessee reader

(Editor's note: This reader's father passed away on March 8.)

Our children don't know

My husband and I have been married since 1970; in 1979, he confessed to me that he was bisexual. Although I was deeply hurt, I decided to stay in the marriage until our two small children were out of high school. I told my husband that unless he could be faithful to me, we would no longer have sex. We have not been sexually active since then, but we are very close.

Since 1987, when we learned he was HIV positive, there has not been a day when I have not thought about HIV or AIDS. To further this living nightmare, the HMO provider notified his employer and an investigation was begun. Everyone in his department was informed; people would visit his office just to look at him.

We haven't told our children, nor our family, about his illness. How do you tell your children that their father is gay? How do you justify living a lie for years?

I have learned a lot since the diagnosis: how to balance the checkbook, pay the bills, worry about the health insurance and wonder what I will do when he gets really sick. I have days when I am angry and I cry, but I know that God does not put more on us than we can handle.

My husband's life depends on my not shutting him out. My life depends on hearing the success stories of others and on the belief that someday there will be real hope for the victims of this terrible disease.

—A Missouri reader

Edited by Shana Aborn.

What every woman must know about AIDS

The AIDS epidemic does not discriminate. No longer largely limited to gay males or drug users, "AIDS is increasingly becoming a disease of women, of heterosexuals, of the young and of families," warns U.S. Surgeon General Antonia Novello. In 1985, there were only 538 cases of AIDS reported among American females. Today—just seven years later—there are 22,056. Women now represent more than 10 percent of the nation's 210,043 AIDS cases.

And these escalating numbers may be just the beginning. Since the average latency period between exposure to HIV (the virus that causes AIDS) and the development of symptoms is ten years, a more accurate indicator of the alarming spread of this disease is infection rates. Of the estimated one million Americans who are infected with HIV, 140,000 are women. By the year 2000, epidemiologists predict that nearly the same number of women as men will be infected.

Although the Centers for Disease Control (CDC) reports that half of all women with AIDS were infected by injecting drugs, at least 34 percent of women with AIDS got it through heterosexual sex—a route of transmission that's jumped a sobering 43 percent between 1990 and 1991. "Women often think that they're not at risk because their partner isn't a bisexual or a drug user," says the Reverend Margaret Reinfeld, director of education and international programs at the American Foundation for AIDS Research. "What they don't realize is that partners don't always tell each other the truth." Fifteen percent of women who got AIDS through sex report they were infected by men the women thought had no known risk factors.

To many experts, the wildfire spread of AIDS among adolescents is a frightening harbinger of where the disease could be headed. The incidence of AIDS in this group has jumped by over 500 percent since 1984, with a total of 808 cases now reported. In 1990, for the first time, heterosexual contact became the leading cause of AIDS in teenage girls.

The number of AIDS cases among adolescents seems relatively low due to the long latency period. The surge of cases occurring among people in their twenties (there are 8,402 cases among twenty- to twenty-four-year-olds; 33,226 cases among twenty-five- to twenty-nine-year-olds) reflects exposure to HIV during the teen years. "AIDS in the adolescent population is like a match next to a gasoline can," says Novello.

The best protection against the sexual transmission of HIV is to use a latex condom in conjunction with the spermicide nonoxynyl-9 or the vaginal pouch (female condom). Women who suspect they're already infected are urged to get an antibody test for the virus, since early detection and medical treatment can prolong life. This measure is also advised to protect the mates and unborn children of infected women (roughly 30 to 50 percent of infected pregnant women will pass the virus to their offspring). Since it can take several months for antibodies to develop following exposure to the virus, one negative test result doesn't guarantee a woman is not infected. This result must be verified by taking a second test six months later.

Like their male counterparts, women with AIDS suffer from diarrhea, weight loss and pneumocystis carinii pneumonia (they rarely get Kaposi's sarcoma—a skin cancer common in gay men with AIDS). In addition to these well-known symptoms, women are prone to gynecological disorders such as pelvic inflammatory disease, cervical cancer and chronic yeast infections. Many AIDS organizations are aiming awareness campaigns at federal agencies and doctors, who often fail to associate these signs with HIV infection.

For more information about AIDS, call the CDC National AIDS Hotline at 800-342-AIDS; or Gay Men's Health Crisis Hotline at 212-807-6655. To find out about clinical trials, women with AIDS can call 800-TRIALS-A.

—KATHLEEN MCAULIFFE

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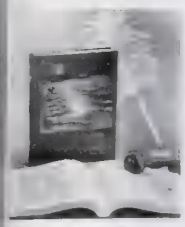


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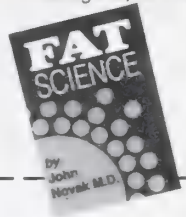
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Daddy's little girl

IN CELEBRATION OF THEIR BIG DAY, HERE'S A LOOK AT SOME VERY FAMOUS FATHERS



■ *The Donald's Trump card (above): Ivanka, age ten, hits the town with her oh-so-dapper dad*



■ Crystal clear (right): It's obvious that beaming Billy—who prides himself on being a doting dad—thinks Jennifer, fourteen, looks mahvelous





■ *Peter Pan syndrome (above): Consummate funnyman Robin Williams doesn't have to grow up, as long as he can pal around with his two-and-a-half-year-old daughter, Zelda*



■ Proud papas: Kevin Costner (above) makes the ritzy rounds with eight-year-old Annie, while jazzy Jack Nicholson (left) gives two-year-old Lorraine a real boost



■ *Beverly Hills pop (above): Eddie Murphy eyes the paparazzi with skepticism when he's carrying two-and-a-half-year-old Brea*

Photos, clockwise from top left: Albert Ferreira/DMI, Albert Ortega/Ron Galella, Kevin Winter/DMI, Ralph Dominguez/Globe Photos, Greg Vie/Globe Photos, Scott Downie/Celebrity Photo.

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